

## SERMON NOTES

**Title: Fruit That Is Never Out Of**

**Season: PATIENCE**

**Topic: Anger**

**Text: Gal. 5:22-23; Pro. 14:9**

**Teacher: Pastor Barry**

**Time: 8/15/21 File Under: Devotional**



You can't talk about patience without talking about \_\_\_\_\_.

The Greek word for patience is *"macrothumos"*. *"Macro"* means *"long or slow"*, *"thumos"* means *"heat"* = *"slow to heat up"*.

God gave you the capacity to get angry. Getting angry is not a \_\_\_\_\_. But anger has to be controlled, because uncontrolled anger can be very \_\_\_\_\_ to relationships.

Seven Biblical keys to managing your anger...

**1. RESOLVE TO \_\_\_\_\_ IT.** Proverbs 16:32

The key to managing your anger is to decide \_\_\_\_\_ how you're going to handle it.

**2. REALIZE THE \_\_\_\_\_ OF UNCONTROLLED ANGER.**  
Proverbs 29:22

There's always a \_\_\_\_\_ when you get angry. Ephesians 4:26; Proverbs 29:11

**3. \_\_\_\_\_ BEFORE REACTING**

\_\_\_\_\_ is a tremendous tool and a great remedy when it comes to anger. *"When you're angry you count to 10 and when you're very angry, count to 100."* Thomas Jefferson

**4. RELEASE YOUR ANGER \_\_\_\_\_.** Ephesians 4:26

Patience is not pretending anger doesn't exist. Patience is acknowledging it but not giving it \_\_\_\_\_. Proverbs 29:11

**5. REPROGRAM YOUR \_\_\_\_\_.** Romans 12:2

The way you think determines the way you feel; the way you feel determines the way you \_\_\_\_\_. If I want to change my behavior, I've got to change the way \_\_\_\_\_.

**6. RELATE TO \_\_\_\_\_ WHO ARE PATIENT.**  
Proverbs 22:24-25

Make friends with patient people. Anger is a learned response that means it can be \_\_\_\_\_.

**7. RELY ON \_\_\_\_\_ HELP.** Romans 15:5

The level of patience you have in your life will be in direct proportion to level you are

\_\_\_\_\_.