1. Think about the consequences of losing your temper:

   **Proverbs 19:19 (ESV)** A man of great wrath will pay the penalty, for if you deliver him, you will only have to do it again.

   **Proverbs 19:19 (NIV)** A hot-tempered man must pay the penalty; if you rescue him, you will have to do it again.

   • Anger hurts relationships.

   **Proverbs 29:22 (ESV)** A man of wrath stirs up strife, and one given to anger causes much transgression.

   • Anger hurts one’s health.

   **Proverbs 17:22 (ESV)** A joyful heart is good medicine, but a crushed spirit dries up the bones.

   • Anger causes foolish behavior.

   **Proverbs 14:16-17 (ESV)** 16 One who is wise is cautious and turns away from evil, but a fool is reckless and careless. 17 A man of quick temper acts foolishly, and a man of evil devices is hated.

   **Proverbs 29:11 (NIV)** A fool gives full vent to his anger, but a wise man keeps himself under control.

   • Anger opens the door to Satan.

   **Ephesians 4:26-27 (ESV)** 26 Be angry and do not sin; do not let the sun go down on your anger, 27 and give no opportunity to the devil.

   **Proverbs 29:22 (ESV)** A man of wrath stirs up strife, and one given to anger causes much transgression.

   **Proverbs 29:22 (NIV)** An angry man stirs up dissension, and a hot-tempered one commits many sins.

2. Repent of sin.

   **Proverbs 27:4 (ESV)** Wrath is cruel, anger is overwhelming, but who can stand before jealousy?

   **Acts 26:19-20 (ESV)** 19 “Therefore, O King Agrippa, I was not disobedient to the heavenly vision, 20 but declared first to those in Damascus, then in Jerusalem and throughout all the region of Judea, and also to the Gentiles, that they should repent and turn to God, performing deeds in keeping with their repentance.

3. Be careful of our reactions:

   • Watch our words.

   **Proverbs 10:19 (ESV)** When words are many, transgression is not lacking, but whoever restrains his lips is prudent.

   **Proverbs 21:23 (ESV)** Whoever keeps his mouth and his tongue keeps himself out of trouble.
• Deal with our hurts.

Proverbs 12:16 (ESV) The vexation of a fool is known at once, but the prudent ignores an insult.

Proverbs 12:16 (NIV) A fool shows his annoyance at once, but a prudent man overlooks an insult.

• Hold back hostility.

Proverbs 12:16 (ESV) The vexation of a fool is known at once, but the prudent ignores an insult.

• Pray for patience.

Ephesians 5:18 (ESV) And do not get drunk with wine, for that is debauchery, but be filled with the Spirit,

Galatians 5:22-24 (ESV) 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 
23 gentleness, self-control; against such things there is no law. 24 And those who belong to Christ Jesus have 
crucified the flesh with its passions and desires.