



## SELF-CONTROL

**ANYTHING THAT'S UNCONTROLLED WILL  
EVENTUALLY DESTROY YOU.**

### **TO CONTROL MY ANGER:**

1. I resolve to control it. (Proverbs 29:11, NIV)
2. I consider the cost. (Proverbs 29:22, NIV)
3. I must restrain my mouth. (James 1:19-20, NIV)
4. I reflect before I react. (Proverbs 19:11, NIV)
5. I release it appropriately. (Ephesians 4:26, NIV)

### **3 WRONG WAYS TO DEAL WITH ANGER:**

- I suppress it.
- I repress it.
- I express it inappropriately

*Do not make friends with a hottempered man, do not associate with one easily angered, or you may learn his ways and get yourself ensnared. (Proverbs 22:24-25, NIV)*

6. I return good for evil. (Romans 12:17-19, NIV )
7. I request God's help. (Psalm 141:3, NIV)

*For out of the overflow of the heart the mouth speaks.  
(Matthew 12:34b, NIV)*

*Create in me a pure heart... (Psalm 51:10a, NIV)*