The Truth Files

Patience in a World of Pressure

October 27, 2024

THE FRUIT IS OUT THERE

"The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!"

Galatians 5:22-23 NLT

Proverbs 14:29 (GW) – *"A person of great understanding is patient, but a short temper is the height of stupidity."*

Exodus 34:6 (NLT) – *"The LORD passed in front of Moses, calling out, "Yahweh! The LORD! The God of compassion and mercy! I am slow to anger and filled with unfailing love and faithfulness."*

Patience means _____.

Being Slow to Anger

1. _____ to Restrain it.

Proverbs 16:32 (GNT) – *"It is better to be patient than powerful. It is better to win control over yourself than over whole cities."*

2. _____ the Risks.

Proverbs 29:22 (TLB) – *"A hot-tempered man starts fights and gets into all kinds of trouble."*

Proverbs 15:18 (GNT) – *"Hot tempers cause arguments, but patience brings peace."*

Proverbs 14:17 (GNT) – *"People with a hot temper do foolish things; wiser people remain calm."*

Proverbs 14:29 (TLB) – *"A wise man controls his temper. He knows that anger causes mistakes."*

Proverbs 11:29 (TLB) – *"The fool who provokes his family to anger and resentment will finally have nothing worthwhile left."*

3. _____ before Reacting.

Ephesians 4:26-27 (NLT) – *"Don't let the sun go down while you are still angry, for anger gives a foothold to the devil."*

Proverbs 29:11 (GNT) – *"Stupid people express their anger openly, but sensible people are patient and hold it back."*

Psalm 4:4 (NLT) – *"Don't sin by letting anger control you. Think about it overnight and remain silent."*

4. _____ it Righteously.

Ephesians 4:26 (GNT) – *"If you become angry, do not let your anger lead you into sin"*

Proverbs 14:30 (MSG) – *"A sound mind makes for a robust body, but runaway emotions corrode the bones."*

Ephesians 4:31 (NLT) – *"Get rid of all bitterness, rage, anger, harsh words, and slander,"*

Proverbs 15:1 (NLT) – *"Harsh words make tempers flare."*

5. _____ my Reasoning.

Romans 12:2 (NKJV) – *"Do not be conformed to this world, but be transformed by the renewing of your mind…"*

6. _____ with Role Models.

Proverbs 22:24-25 (MSG) – *"Don't hang out with angry people; don't keep company with hotheads. Bad temper is contagious – don't get infected."*

7. _____ from our Redeemer.

Romans 15:5 (TLB) – *"May God who gives patience, steadiness, and encouragement help you to live in complete harmony with each other—each with the attitude of Christ toward the other."*

NOTES: