



11435 Montgomery Blvd. NE, Albuquerque, New Mexico 87111 505/293-1225

**May 24, 2009**

## **SERMON NOTES**

### **Message Title:**

**“Love Is Not Easily Angered”**

**Sermon Series:** 40 Days of Love

**Scripture Reference:** 1 Corinthians 13:5 (NIV)

*“Love is not easily angered.”* 1 Cor. 13:5 (NIV)

### **HOW DO YOU TAME YOUR TEMPER?**

1. **RESOLVE** \_\_\_\_\_  
*“A fool gives full vent to his anger, but a wise man keeps himself under control.”* Pr. 29:11 (LB)
  
2. **REMEMBER** \_\_\_\_\_  
*“A hot-tempered man . . . gets into all kinds of trouble.”* Pr. 29:22 (LB)  
  
Pr. 15:18 (GN) *“Hot tempers cause arguments.”*  
Pr. 14:29 (LB) *“... anger causes mistakes.”*  
Pr. 14:17 (GN) *“People with hot tempers do foolish things.”*  
  
*“The fool who provokes his family to anger and resentment will finally have nothing worthwhile left.”* Pr. 11:29 (LB)
  
3. **REFLECT** \_\_\_\_\_  
*“A stupid man gives free rein to his anger; a wise man waits and lets it grow cool.”* Pr. 29:11 (NEB)  
  
*“A man’s wisdom gives him patience.”* Pr. 19:11 (NIV)  
  
Ask 3 questions
  1. Why am I angry?
  2. What do I really want?
  3. How can I get it?  
*“Lord, help me control my tongue; help me be careful about what I say.”* Psalm 141:3 (NCV)

## ADDITIONAL NOTES

*“Drinking too much makes you loud and foolish. It’s stupid to get drunk.”*  
Pr. 20:1 (TEV)

4. **RELEASE** \_\_\_\_\_  
*“If you become angry, don’t let your anger lead you into sin.”*  
Eph. 4:26 (GN)

*“A gentle answer quiets anger, but a harsh one stirs it up.”*  
Pr. 15:1 (TEV)

5. **RE-PATTERN** \_\_\_\_\_  
*“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.”*  
Romans 12:2a (NLT)

*“Keep away from angry, short-tempered people, or you will learn to be like them ...”*  
Pr. 22:24 (LB)

6. **RELY** \_\_\_\_\_  
*“Patience and encouragement come from God. I pray God will help you all agree with each other the way Christ Jesus wants.”*  
Rom. 15:5 (NCV)

*“The fruit of the Spirit is... patience.”* Gal. 5:22 (NIV)

*“Whatever is in your heart determines what you say.”*  
Mt. 12:34 (NLT)

*“I’ll give you a new heart, put a new spirit in you. I’ll remove the stone heart from your body and replace it with a heart that’s God-willed, not self-willed.”*  
Ezekiel 36:26 (Mes)