

PATIENCE.

NINE SECRETS FOR HEALTHY RELATIONSHIPS
WEEK 5



GALATIANS

5:22-23 (NLT)

'But 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!

TWO GREEK WORDS THAT ARE TRANSLATED “PATIENCE”

HUPOMONE=

“hupo” meaning under + “mone” meaning abide

MAKROTHUMOS=

“makro” meaning long + “thumos” meaning anger

PATIENCE

is really the supernatural ability to deal with ongoing suffering and frustration without succumbing to anger against God or against one another

HOW TO HANDLE ANGER

1. REALIZE THE COST OF UNCONTROLLED ANGER

Be ye angry and sin not: let not the sun go down upon your wrath:

Ephesians 4:6

- You must control anger in advance.
- Unrestrained anger is sin!

FIVE CASES WHERE ANGER IS SINFUL...

- when it explodes quickly, without time to think rationally
- when the injury that causes it is only imagined, not real
- when it is disproportionate to the offense committed
- when it is directed against the innocent rather than the guilty
- when it is prolonged over time and becomes revengeful

The fool who provokes his family to anger and resentment will finally have nothing worthwhile left.

Proverbs 11:29

HOW TO HANDLE ANGER

2. REFLECT BEFORE REACTING

He that is SLOW TO ANGER is better than the mighty; and he that ruleth his spirit than he taketh a city.

Proverbs 16:32

Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, SLOW TO WRATH: for the wrath of man worketh not the righteousness of God.

James 1:19-20

- **ANGER IS ALWAYS THE SECOND EMOTION IN ANY EXPERIENCE**

A stupid man gives free reign to his anger; a wise man waits and lets it grow cool. Proverbs 29:11

HOW TO HANDLE ANGER

3. RELEASE YOUR ANGER APPROPRIATELY

If you become angry, do not let your anger lead you to sin. Ephesians 4:26

• FOUR WAYS TO RESPOND TO ANGER

- repress it
- suppress it
- express it
- confess it

If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness 1 John 1:9

HOW TO HANDLE ANGER

4. **REPATTERN** YOUR MIND

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. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Romans 12:2(NLT)

- **THE HOLY GHOST HELPS YOU CONTROL YOUR ANGER BY DEALING WITH THE **ROOT CAUSE****

May God, who gives this patience and encouragement, help you live in complete harmony with each other, as is fitting for followers of Christ Jesus. Romans 15:5

We also pray that you will be strengthened with all his glorious power so you will have all the endurance and patience you need. May you be filled with joy

Colossians 1:11