



**BLOOD OF JESUS PRAYER AND DELIVERANCE MINISTRIES**

**102 E. Kelso Street, Inglewood, CA 90301**

**"YOU...LEARNING TO CONTROL YOU"**

**Standards to Build Your Life Upon**

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**IF I'M GOING TO LEARN TO CONTROL MY ANGER**

- Don't Suppress your Anger
- Don't Deny it
- Don't Express it in inappropriate ways

1. I make a commitment **To Take Authority over it**

**Philippians 4:13 (NKJV):** *"I can do all things through Christ who strengthens me."*

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

2. I need to realize **The Cost of my anger**

**Proverbs 29:22 (NCV):** *"An angry person causes trouble; a person with a quick temper sins a lot."*

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

3. I must learn to **Restrain my mouth**

**Proverbs 21:23 (NLT):** *"Watch your tongue and keep your mouth shut, and you will stay out of trouble."*

**James 1:19 (NIV):** *"My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,*

4. I need to **Think it Through before Speaking**

**Proverbs 29:11 (TLB):** *"A rebel shouts in anger; a wise man holds his temper in and cools it."*

5. I need to **Release my Anger Appropriately**

**Ephesians 4:26 (GN):** *"If you become angry, don't let your anger lead you into sin."*

6. I return **The Good fore Evil**

**Romans 12:17-19 (TLB):** *"Never pay back evil for evil. Do things in such a way that everyone can see you are honest clear through. Don't quarrel with anyone. Be at peace with everyone, just as much as possible. Dear friends, never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it. [Don't take the law into your own hands.]"*

7. I must **Request God's Help**

**Psalms 141:3 (TLB):** *"Help me, Lord, to keep my mouth shut and my lips sealed."*

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