

Temper Control  
James 1:19-20  
By Russell Earl

Thesis: I want to show what the Bible says about controlling our temper and anger.

- Intro: 1. Have you ever lost your temper?  
2. What affects your temper and why?

I. Warnings from the Bible

- A. Why some lost their temper (became in angry) in the Bible
1. **2 Kings 5:1-4;8-11,13**
    - a. Why did Naaman lose his temper (become angry)? (v.11)
  2. Jealousy? (**1 Sam 18:7-8**)
  3. The truth (**2 Chron 16:7-10**)
- B. We are warned to stay away from those who are angry (or lose their temper)
1. **Pro 22:24** – no friendship, avoid the angry and furious person
  2. **Ecc 7:9** – Those who are quick to be angry, or seem to be angry about everything are called foolish.

II. The what and the why

- A. What affects your temper?
1. Actions of others?
  2. Your own battles (spiritual or emotional)
  3. Overwhelmed (at work, at home, by the world)
  4. Anxiety (worry about things that may or may not happen; worry about things you cannot control)
  5. The list could be long
- B. Why does this affect your temper?
1. Why did Saul allow David's success to affect him? Have you ever acted in a similar way?
  2. Why did Asa become upset (2 Chron 16)? Why throw the seer into prison? The message from God was truth and it caused Asa to lose his temper and, in his wrath, cast an innocent person into prison.

III. Lessons for us today.

- A. Anger often causes hardship
1. **Psalm 37:8**
  2. **Pro 14:17**
  2. **Pro 27:4a**
    - a. *Torrent* – a deluge; - flood, outrageous, overflowing – this shows how anger can grow and become out of control
- B. Anger can be sinful
1. We must take on the task of controlling our temper and our anger (**Col 3:8a**)
  2. Not all anger is sinful

- a. Righteous anger (**Rom 12:19**)
- b. God's wrath on sin is an example of righteous anger.

Application & Conclusion:

1. Losing one's temper, can lead to real anger and wrath, we are not to be one who's wrath is easily seen.
2. **Proverbs 16:32**
3. Full Invitation

Non-Christians must:

Hear – James 1:22, Romans 10:15,17

Believe – Jn 12:44, Jn 8:24, Mt 16:16

Repent – Luke 13:2-3

Confess – John 12:42, Romans 10:9

Be Baptized – 1 Pt 3:21, Acts 22:16, Col 2:11, Mk 16:16, Rom 6:3-4

Live faithfully – John 14:15, Rev 2:10

Christians must:

Repent: Acts 17:20, Acts 8:37, Lk 13:3

Pray: James 5:16, 1 Jn 1:9