

Handling A Quick Temper, Impatience And Anger

Verse of the Day Meditations - A Focus on Handling A Quick Temper, Impatience, And Anger

From before the beginning, with Satan being quick tempered and impatient and angry with God, throughout God's recorded history of man as recorded in the bible, we see anger and its consequences on others and everything around.

"How you have fallen from heaven, O [a]star of the morning [light-bringer], son of the dawn! You have been cut down to the ground, You who have weakened the nations [king of Babylon]! "But you said in your heart, 'I will ascend to heaven; I will raise my throne above the stars of God; I will sit on the mount of assembly In the remote parts of the north. 'I will ascend above the heights of the clouds; I will make myself like the Most High.' (Isaiah 14:12-14 AMP)

Anger is a natural emotion - one that's embedded in our very nature. And sometimes it's said that a person has an angry temperament or is quick tempered or is impatient. But, is that actually the nature of the person or just the way a person is handling a situation(s)? For this study and based on scripture, we're going to see that it's both.

So, how do we, based on God's word, handle the various aspects of impatience, a quick temper and anger on a practical level? At the end of the study, we hope to give you some tools to deal with a quick temper, impatience and anger, and do it in a way that will glorify Him and help other people.

Keep in mind that the journey will have some ups and downs. There will be times when we make progress and there will be times when we just "blow it." But, remember, it's God Who started the good work in you and it is He Who will complete until Jesus returns (Philipians 1:6) and we have to work out our deliverance with reverence toward God and humility toward others. (Philipians 2:12)

But first, let's take a look at the general meanings of temper, impatience and anger. The Online Dictionary defines Impatience as, "the tendency to be impatient; irritability or restlessness, frustration, agitation." Temper is defined as, "a tendency to become unreasonably angry, a tendency to become angry quickly or easily" And, Anger is defined as, "a strong feeling of annoyance, displeasure, or hostility

And, then, let's take a quick look at their interaction and finally let's look at some verses that God says about them.

Bible Study/Verse of the Day Meditation Verses:

- Psalm 37:8 CEV - Don't be angry or furious. Anger can lead to sin..
- Proverbs 14:29 AMP - He who is slow to anger has great understanding [and profits from his self-control], But he who is quick-tempered exposes and exalts his foolishness [for all to see]..
- Proverbs 29:22 AMP - An angry man stirs up strife, And a hot-tempered and undisciplined man commits many transgressions.
- Proverbs 19:11 AMP - Good sense and discretion make a man slow to anger And it is his honor and glory to overlook a transgression or an offense [without seeking revenge and harboring resentment].
- Ecclesiastes 7:9 NIRV - Don't become angry quickly. Anger lives in the hearts of foolish people.

Bible Study Questions:

- Do you find that you are impatient or lose your temper?
 1. All of the time? _____
 2. A lot of the time? _____
 3. Most of the time? _____
 4. Some of the time? _____
 5. None of the time? _____
- Do you find it hard to control your anger (whether internally or externally)?
 1. All of the time? _____
 2. A lot of the time? _____
 3. Most of the time? _____
 4. Some of the time? _____
 5. None of the time? _____

Why is it easy to become impatient, lose your temper and become angry?

What are some things that you can do to be more patient, maintain your temper and control your anger?