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MESSAGE APPLICATION Guide

Start with an icebreaker question to get everyone talking, then choose the questions that work best for your group.

Summer Wise – Summer Not Week 4 – Taming My Temper

ICE-BREAKER:

What gets you mad?

DISCUSS:

Would you consider yourself wise or unwise when it comes to how you handle your anger?

What are some of the things you have tried to do to help overcome anger issues?

READ: *“An angry person starts fights; a hot-tempered person commits all kinds of sin.”*
- Proverbs 29:22 (NLT)
“A hot-tempered person starts fights; a cool-tempered person stops them.”
- Proverbs 15:18 (NLT)
“Fools vent their anger, but the wise quietly hold it back.”
- Proverbs 29:11 (NLT)
“Sensible people control their temper; they earn respect by overlooking wrongs.”
- Proverbs 19:11 (NLT)

Why is it so hard to control our temper or overlook an offense?

Which is more important in getting control of your anger, wisdom or patience? Explain.

Which of the three strategies for taming our temper will be most helpful to you?

To remember the results, reflect before you react, or to restrain your remarks? Why?

APPLY

Going forward, what is a better way for you to handle or express your anger?

What is one thing you have heard in this series that can help you increase in wisdom?