

5. _____ on Christ's help.

"May God, who gives patience, steadiness, and encouragement, help you live in complete harmony with each other – each with the attitude of Christ toward the other." (Romans 15:5)

God puts each of us through the "crock pot" process – he puts us in a heated situation, lets us simmer, and slowly brings out the best in us.

The word "Wait" is found 106 times in the Bible, including:

- "Wait upon the Lord and be of good courage and He will strengthen your heart." (Psalm 27:14)
- "Those who wait upon the Lord shall inherit the earth." (Psalm 37:9)
- "Those who wait upon the Lord shall renew their strength. They shall soar as on wings of eagles!" (Isaiah 40:31)

The Secret of
Inner Beauty
Part 5: Patience



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Five Steps to Managing Your Anger

1. _____ to manage it.

"It is better to be slow-tempered than famous; it is better to have self-control than control an army." (Proverbs 16:32)

2. _____ the cost.

"A hot-tempered man starts fights and gets into all kinds of trouble." (Proverbs 29:22)

"Hot tempers cause arguments." (Proverbs 15:18)

"Anger causes mistakes." (Proverbs 14:29)

"People with hot tempers do foolish things." (Proverbs 14:17)

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

3. _____ before reacting.

"A stupid man gives free reign to his anger; a wise man waits and lets it grow cool." (Proverbs 29:21)

Thomas Jefferson: "When angry, count to ten before you speak. When very angry, count to one-hundred."

Mark Twain's version: "When angry, count to four. When very angry, swear."

4. _____ your anger appropriately.

"If you become angry, do not let anger lead you into sin."
(Ephesians 4:26)

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

How to Release Your Anger:

- Don't _____ it.
- Don't _____ it.
- Do _____ it.
- Do _____ it.