A FAITH THAT STAYS CALM IN A CRISIS

HOW TO STAY CALM IN A CRISIS OR CONFLICT

1. REALIZE
“A hot-tempered man…gets into all kinds of trouble.”
Proverbs 29:22 (LB)

“Hot tempers cause arguments.”
Proverbs 15:18 (GN)

“. . . anger causes mistakes.”
Proverbs 14:29 (GN)

“People with hot tempers do foolish things.”
Proverbs 14:17 (GN)

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

PRAY:
“Lord, help me control my tongue; help me be careful about what I say.”
Psalm 141:3 (NCV)

“Drinking too much makes you loud and foolish. It’s stupid to get drunk.”
Prov. 20:1 (GNT)

2. RESOLVE
“A fool gives full vent to his anger, but a wise man keeps himself under control.”
Proverbs 29:11

Resolve = Decide in Advance

3. REFLECT
“My dear brothers and sisters, Always be quick to listen, slow to speak, and slow to get angry, because human anger will never bring about the righteous life that God desires.”
James 1:19-20

o BE QUICK

o BE SLOW
“A stupid man gives free rein to his anger; a wise man waits and lets it grow cool.”
Prov. 29:11 (NEB)

o BE SLOW
“A man’s wisdom gives him patience.”
Prov. 19:11 (NIV)

ASK 3 QUESTIONS
o WHY Hurt? Frustration? Fear?

o WHAT

o HOW

4. RELEASE
“If you become angry, don’t let your anger lead you into sin.”
Eph. 4:26 (TEV)

“A gentle answer quiets anger, but a harsh one stirs it up.”
Prov. 15:1 (TEV)

Don’t Suppress it . . . Repress it . . . or Express it. CONFESS it!

5. RE-PATTERN
“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.”
Romans 12:2a (NLT)

“Keep away from angry, short-tempered people, or you will learn to be like them . . .”
Prov. 22:24 (LB)

“If you exploit or abuse your family, you’ll end up with a fistful of air.”
Prov. 11:29 (Mes)

“You husbands must love your wives and never treat them harshly.”
Col. 3:19 (NLT)

6. ASK GOD
“Love is not easily angered.”
1 Cor. 13:5

“Patience and encouragement come from God. I pray God will help you all agree with each other the way Christ Jesus wants.”
Romans 15:5

“The fruit of the Spirit is . . . patience.”
Galatians 5:22

“Whatsoever is IN YOUR HEART determines what you say.”
Matt. 12:34

EACH WEEK
1. We recommit our lives to Jesus.
   Text NEWSTART (1 word) to 99000 or newstart@saddleback.com

2. We express our gratitude to God through giving back.
   You can give online at https://saddleback.com/give.

3. We meet online in small groups for support.
   Text SMALLGROUP to 99000 or smallgroup@saddleback.com

Don’t Miss “TOGETHER TUESDAYS!” Campus Zoom Fellowships!