

Sermon Notes

The Wise Hold Back Their Tempers

Proverbs

Christian Sanich, 6/17/2018

Text sermon questions, during the sermon, to (602) 824-8030

29:11 **A fool lets his temper fully come forth, but a wise person holds it back.**

15:18 **A hot-tempered person stirs up strife, but the one who is slow to anger calms a dispute.**

14:29 **He who is slow to anger has great understanding, but he who is short-tempered exalts foolishness.**

19:11 **Good sense makes one slow to anger, and it is his glory to overlook an offense.**

16:32 **He who is slow to anger is better than the mighty, and *better is* he who rules his spirit (or temper), than he who captures a city.**

You can achieve more with people, by being slow to anger, staying calm.

What is your response to this? Discuss it with someone today.

If you would like to receive weekly sermon application questions, e-mail Christian@StoneCreekBibleChurch.org

[Listen to recent sermons at StoneCreekBibleChurch.org](http://StoneCreekBibleChurch.org)

Application questions for 6/17/2018 sermon
The Wise Hold Back Their Tempers

(I would suggest dividing into guys and ladies separately to answer just this first question. (Try to have everyone answer this question.)

What is something going on in your life or thinking that we should know?"

Begin by just reading the Proverbs we studied this week: 29:11, 15:18, 14:29, 19:11, 16:32

From reading all those verses in succession, what is the top thing that stands out to you?

Would you say that you are short-tempered, fully lose your temper, or are hot-tempered? If so, what would you say causes it, and what does it look like?

Do you think your temper is problematic, and what sorts of problems do you see it causing?

If you are slow to anger or hold your temper back most of the time, how do you do that? If you weren't always that way, how did you get to that point? Make sure to share specific actions that were helpful to you (like prayer, the help of the Holy Spirit, accountability, others helping you, etc.)

Have you seen your ability to stay calm help in calming disputes? Please share your experience.

(Try to have most everyone answer this question.)

Whatever kind of temper you have, how do you think it makes you look to other people?

Based on the Proverbs as well as what you know from the rest of the Bible, how do you think we can rule over our tempers?

(Make sure to make it to this question, and try to have everyone answer.)

Do you want to hold your temper back? What do you plan to do right away to live out that desire?

Do you have a question for the group? It might be something you don't understand that others could help with, or something you think should be covered that hasn't.