

# **PATIENCE: Overcoming Anger**

**Patience Definition:** The capacity to accept or tolerate delay, problems, or suffering without becoming annoyed or anxious.

**Anger Definition:** A strong feeling of being upset or annoyed because of something wrong or bad: the feeling that makes someone want to hurt other people and to shout.

## **1. DEVELOPING PATIENCE**

*Romans 15:5 “May God, who gives this patience and encouragement, help you live in complete harmony with each other, as is fitting for followers of Christ Jesus.”*

With patience we can be very powerful together serving the Lord and relating to each other.

We may struggle from time to time but staying patient and enduring through tough times help us to grow in our faith in God.

Just like Abraham and Sarah discovered, Sarah had a baby in her 90's. God promised a baby to them and through patience as they trusted God's will in their lives, Isaac was born.

Learn to trust in the plans God has for us and wait for God to pave a way for us.

## 2. CONTROLLING YOUR ANGER

The story of Cain and Abel in the Bible shows us the worst case of not being able to control anger.

God showed favor for Abel's offering which Cain didn't like so Cain killed his own brother, Abel. Cain was so overcome with anger.

*1 John 3:11-20 This is the message you have heard from the beginning: We should love one another. <sup>12</sup> We must not be like Cain, who belonged to the evil one and killed his brother. And why did he kill him? Because Cain had been doing what was evil, and his brother had been doing what was righteous. <sup>13</sup> So don't be surprised, dear brothers and sisters, if the world hates you. <sup>14</sup> If we love our brothers and sisters who are believers, it proves that we have passed from death to life. But a person who has no love is still dead.*

*<sup>15</sup> Anyone who hates another brother or sister is really a murderer at heart. And you know that murderers don't have eternal life within them. <sup>16</sup> We know what real love is because Jesus gave up his life for us. So we also ought to give up our lives for our brothers and sisters. <sup>17</sup> If someone has enough money to live well and sees a brother or sister in need but shows no compassion – how can God's love be in that person? <sup>18</sup> Dear children, let's not merely say that we*

*love each other; let us show the truth by our actions. <sup>19</sup> Our actions will show that we belong to the truth, so we will be confident when we stand before God. <sup>20</sup> Even if we feel guilty, God is greater than our feelings, and he knows everything.*

Here we need to love each other as God loved us, through our actions toward one another.

Cain did not show this love to his brother and his anger caused him to commit a horrendous act.

***Ecclesiastes 7:8-9** Finishing is better than starting. Patience is better than pride. <sup>9</sup> Control your temper, for anger labels you a fool.*

In Ephesians we find a good way of dealing with our anger.

***Ephesians 4:26-32** And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, <sup>27</sup> for anger gives a foothold to the devil. <sup>28</sup> If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. <sup>29</sup> Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. <sup>30</sup> And do not bring sorrow to God’s Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the*

*day of redemption. <sup>31</sup> Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. <sup>32</sup> Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.*

Don't let the sun go down while you are still angry. This is a very practical exercise to do each day. Before you sleep, sort your issues out.

Being angry and bitter and judgmental doesn't lift anyone up but brings not only you down but it also brings the people around you down.

## **CONCLUSION**

When we struggle with anger or when we need more patience, come to God with our issues and problems and he will always be there to help us.

We need to figure out those trigger points that make us angry and have strategies in place to not let those things control our lives.

When you are doing all the right things, waiting for God and nothing seems to be happening, **He will reward your patience in Him!**