

Nine Secrets of Healthy Relationships

Patience – Part Five

Galatians 5:22-23 (NLT) ²² But when the Holy Spirit controls our lives, he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. Here there is no conflict with the law.

- **Two Greek words that are translated “PATIENCE” ...**

HUPOMONE = UNDER + ABIDE

MAKROTHUMOS = LONG + ANGER

- PATIENCE is really the supernatural ability to deal with ongoing suffering and frustration without succumbing to **ANGER** against God or against one other.

HOW TO HANDLE ANGER

1. Realize the cost of uncontrolled anger

- **Ephesians 4:26** Be ye angry, and sin not: let not the sun go down upon your wrath:
- You must control anger in **advance** .
- Unrestrained anger is **sin!**
- **Five cases where anger is sinful ...**
 - o when it **explodes** quickly, without time to think rationally
 - o when the injury that causes it is only **imagined**, not real
 - o when it is **disproportionate** to the offense committed
 - o when it is directed against the **innocent** rather than the guilty
 - o when it is **prolonged** over time and becomes revengeful
- **Proverbs 11:29 (LB)** The fool who provokes his family to anger and resentment will finally have nothing worthwhile left.

2. Reflect before reacting

- **Proverbs 16:32** He that is **SLOW TO ANGER** is better than the mighty; and he that ruleth his spirit than he that taketh a city.

- **James 1:19-20** ¹⁹Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, **SLOW TOWRATH**: ²⁰For the wrath of man worketh not the righteousness of God.

- Anger is always the **secondary** emotion in any experience

- **Proverbs 29:11 (LB)** A stupid man gives free reign to his anger; a wise man waits and lets it grow cool.

3. Release your anger appropriately

- **Ephesians 4:26 (GN)** If you become angry, do not let your anger lead you into sin.

- **Four ways to respond to anger ...**

- o repress it

- o suppress it

- o express it

- o confess it

- **1 John 1:9** If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

4. Reprogram/Repattern your mind

- **Romans 12:2 (NLT)** 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. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is.

- The Holy Ghost helps you control your anger by dealing with the **root cause**.

- **Romans 15:5 (NLT)** May God, who gives this patience and encouragement, help you live in complete harmony with each other—each with the attitude of Christ Jesus toward the other.

- **Colossians 1:11 (NLT)** We also pray that you will be strengthened with his glorious power so that you will have all the patience and endurance you need.