

# TAKE CONTROL

## WEEK TWO: PAUSE

By Carey Madding  
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To *Take Control*, we must balance our responsibility in developing self-control against God's desire to be the Leader of our lives. How do we give God control, yet also gain mastery of our emotions and words? As we study the book of Proverbs, we will discover practical direction for living a godly life. Then we'll study New Testament scriptures to see how we are empowered to *Take Control* with the help of God's Holy Spirit.

### Where Am I Today?

1) All of us deal with anger. Some of us vent, some of us stomp our feet, and some of us withdraw or pout. Assess your "anger style" and rate your "anger problem" on a scale of one to ten, with ten being "out of control" on the anger scale. Share if you feel comfortable.

### Into the Bible

2) The power to change comes from the Holy Spirit. But first, we must realize we need to change. Let's get an honest appraisal of our situation from God's perspective. Check your motives and let God examine your heart by reading the verses below. Note anything God reveals to you about your own anger issues as you read.

- a. James 4:1-3
- b. Proverbs 13:10
- c. Psalm 139:23-24

# TAKE CONTROL

- d. Ephesians 4:29-32
- e. Matthew 7:3-5

3) The first step in gaining control over the anger in our lives is to PAUSE. That little bit of space and time allows us to hear. It is of great benefit to us! Briefly list some things you gain when you wait, as found in the passages below.

- a. James 1:19
- b. Proverbs 16:32
- c. Proverbs 29:11

4) The weekend message pointed out the value of overlooking an offense. But sometimes we can't do that; we must go directly to our adversary and deal with the issues gently and lovingly. What would be the measure of when to go and confront your brother? How might you check your own motives?

- a. James 3:17
- b. 2 Corinthians 7:3, 8-11

# TAKE CONTROL

## How Does This Apply?

5) **Read** Romans 12:16-21. Think of the conflict in your life at present. It may be a small disagreement with a co-worker or a devastating separation within your own family. Read the Romans passage above and meditate on it. Give God permission to speak to you about your situation, your heart motives, and your next steps. Take careful notes on what you hear the Holy Spirit whisper to your soul.

## Digging Deeper: Going Further on Your Own

6) **If you are in a conflict**, the very best “digging deeper” you can do this week is not more study, but active reconciliation. So, begin to pursue peace in your own circumstance. If you need help and coaching to begin the process, check out the link below. For more help, follow up with your Life Group or serving team leader.

<http://www.peacepoint.com/articulate/peace-with-others/player.html>

**If you are not in a conflict**, and you have matured in this area of your life, God may very well use you to coach others in right living. Go to the link below to study the biblical principles of reconciliation. If you are willing, God will most certainly give you opportunities to “spur one another on toward love and good deeds” (Hebrews 10:24) and reconciliation! “Blessed are the peacemakers, for they will be called the sons of God.” (Matthew 5:9)

<http://www.peacepoint.com/articulate/helping-others-find-peace/player.html>

\*Special thanks to PeacePoint.com for use of their materials.