

50 Days to a Blessed Life How to Control My Reactions

I. Introduction

- A. Matthew 5:5 (NIV) *“Blessed are the meek, for they will inherit the earth.”*
1. “Meekness” - - “strength under control”
 2. “Blessed are those who have strength under control. (They don’t overreact.) And because they can control their reactions, they shall inherit the earth.”

II. How to Control My Reactions

- A. When somebody disappoints you, be gentle, not judgmental.
1. Romans 14:1 (NAS) *Now accept the one who is weak in faith, but not for the purpose of passing judgment on his opinions.*
 2. Galatians 6:1 (NAS) *Brethren, even if anyone is caught in any trespass, you who are spiritual, restore such a one in a spirit of gentleness; each one looking to yourself, so that you too will not be tempted.*
- B. When someone disagrees with you, be tender without surrender.
1. React in fear and let them have their way
 2. Attack in anger
 3. Respond in love
 4. Meekness does not mean compromising your convictions!
 5. “You never fight a battle where winning doesn’t make any difference.” (Gen. George S. Patton)
 6. Proverbs 15:1 (NAS) *A gentle answer turns away wrath, but a harsh word stirs up anger.*
 7. James 3:16-17 (NAS) ¹⁶*For where jealousy and selfish ambition exist, there is disorder and every evil thing. ¹⁷But the wisdom from above is first pure, then peaceable, gentle, reasonable, full of mercy and good fruits, unwavering, without hypocrisy.*
 8. Meekness is being able to walk hand in hand, without seeing eye to eye!
 9. II Timothy 2:24-25 (NAS) ²⁴*The Lord’s bond-servant must not be quarrelsome, but be kind to all, able to teach, patient when wronged, ²⁵with gentleness correcting those who are in opposition, if perhaps God may grant them repentance leading to the knowledge of the truth.*
- C. When someone corrects you, be teachable, not unreachable.
1. James 1:19b (NAS) *But everyone must be quick to hear, slow to speak and slow to anger.*
 2. Don’t consider the source of constructive criticism; consider the suggestion!
 3. Proverbs 12:1 (NAS) *Whoever loves discipline loves knowledge, but he who hates reproof is stupid.*
 4. Proverbs 13:18 (NAS) *Poverty and shame will come to him who neglects discipline, but he who regards reproof will be honored.*
- D. When somebody hurts you, forgive them; don’t retaliate against them.
1. Romans 12:17a, 21 (NAS) ¹⁷*Never pay back evil for evil to anyone. ²¹Do not be overcome by evil, but overcome evil with good.*
 2. “I will never allow another man to control, or ruin my life, by making me hate him.” (Booker T. Washington)
 3. Proverbs 16:32 (NAS) *He who is slow to anger is better than the mighty, and he who rules his spirit, than he who captures a city.*
 4. Your emotions are controlled by either circumstances or choice.
 5. Forgiveness is an act of the will!
 6. Matthew 5:5 (NIV) *“Blessed are the meek, for they will inherit the earth.”*

- a. “Inherit the earth” - - You’ll be in control of your situation because you won’t be controlled by it!
7. Happiness belongs to people with self-control.
8. II Timothy 1:7 (NAS) *For God has not given us a spirit of timidity, but of power and love and discipline.*
9. The secret of controlling your reactions in life is letting the Holy Spirit fill your life moment by moment!

III. Conclusion