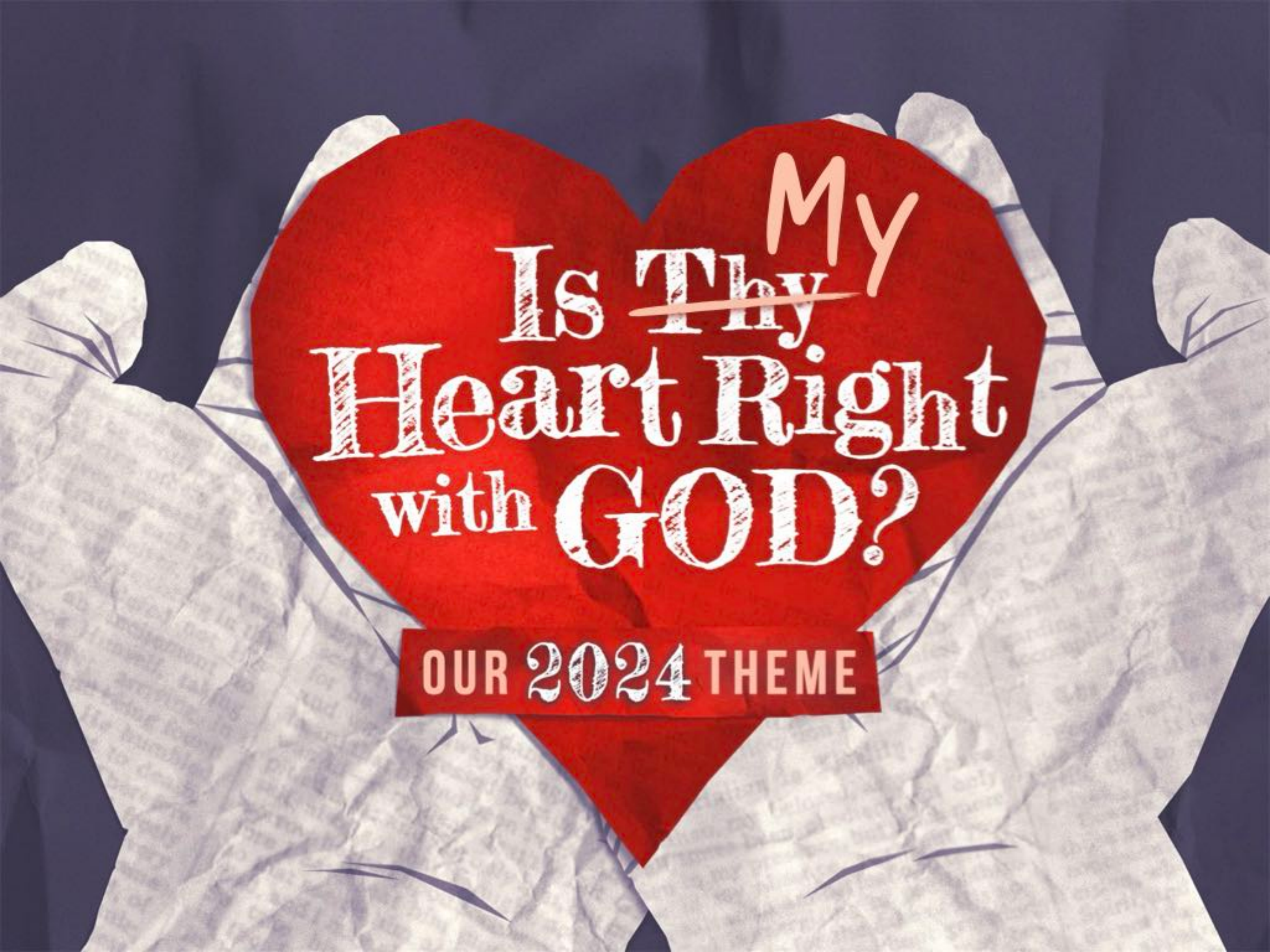






***“BALTIMORE VS. BOSTON STOPPED BY FIRE
(3RD INNING), 3-3.”
- SPALDING’S GUIDE***

***“IT WAS A HOT GAME, SURE ENOUGH.”
- BOSTON GLOBE***



My
Is ~~Thy~~
Heart Right
with GOD?

OUR 2024 THEME



KEEP YOUR COOL

A BIBLE WORD STUDY IN VIRTUES

**But the fruit of the Spirit is love, joy,
peace, **patience, kindness,** goodness,
faithfulness, **gentleness, self-control;**
against such there is no law.**

Galatians 5:22-23

English Standard Version

1

***WHAT IS THE
GENTLE
RESPONSE?***

GENTLENESS

PRAUTES

**THE QUALITY OF NOT BEING
OVERLY IMPRESSED BY A SENSE OF
ONE'S SELF-IMPORTANCE,
GENTLENESS, HUMILITY, COURTESY,
CONSIDERATENESS, MEEKNESS**

– BAUER, DANKER, ARNDT, GINGRICH –

WHAT IS THE GENTLE RESPONSE?



*IDEAL BALANCE OF
ANGER & MILDNESS*

WHAT IS THE GENTLE RESPONSE?



*EVERY IMPULSE
UNDER CONTROL*

WHAT IS THE GENTLE RESPONSE?



*EVERY IMPULSE
UNDER CHRIST'S
CONTROL*

WHAT IS THE GENTLE RESPONSE?

***THE QUIET STRENGTH
OF THE LOWLY***



Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.

Matthew 11:29

English Standard Version

2

***WHAT IS THE
PATIENT
RESPONSE?***

PATIENCE

MAKROTHUMIA

**1. STATE OF REMAINING TRANQUIL
WHILE AWAITING AN OUTCOME,
PATIENCE, STEADFASTNESS, ENDURANCE**

**2. STATE OF BEING ABLE TO BEAR UP
UNDER PROVOCATION, FORBEARANCE,
PATIENCE TOWARD OTHERS**

– BAUER, DANKER, ARNDT, GINGRICH –

WHAT IS THE PATIENT RESPONSE?



***LOOOOONG
TEMPERED***

WHAT IS THE PATIENT RESPONSE?



***ALL-CONQUERING
PERSISTENCE***

WHAT IS THE PATIENT RESPONSE?



***ENDURING
EVIL WITHOUT
RETALLIATION***

But I received mercy for this reason, that in me, as the foremost, **Jesus Christ might display his perfect patience as an example to those who were to believe in him for eternal life.**

1 Timothy 1:16

English Standard Version

3

***WHAT IS THE
KIND
RESPONSE?***

KINDNESS

CHRESTOTES

- 1. UPRIGHTNESS IN ONE'S RELATIONS
WITH OTHERS, UPRIGHTNESS**
- 2. THE QUALITY OF BEING HELPFUL OR
BENEFICIAL, GOODNESS, KINDNESS,
GENEROSITY**

– BAUER, DANKER, ARNDT, GINGRICH –

***WHAT IS THE
KIND
RESPONSE?***



***SWEET, MELLOW
& EASY***

Or do you presume on **the riches of his kindness** and forbearance and patience, not knowing that God's **kindness** is meant to lead you to repentance?

Romans 2:4

English Standard Version

4

***WHAT IS THE
SELF-CONTROLLED
RESPONSE?***

SELF-CONTROL

ENKRATEIA

**RESTRAINT OF ONE'S EMOTIONS,
IMPULSES, OR DESIRES, SELF-CONTROL**

– BAUER, DANKER, ARNDT, GINGRICH –

WHAT IS THE SELF-CONTROLLED RESPONSE?



***DISCIPLINE & MASTERY
TO OVERCOME YOUR
DESIRES & IMPULSES***

5 PRACTICAL STRATEGIES

5 PRACTICAL STRATEGIES

***PAUSE BEFORE
REACTING!***

JAMES 1:19; PSALM 46:11



PRACTICAL STRATEGIES

RECITE SCRIPTURE

PSALM 119:11: HEB. 4:12



PRACTICAL STRATEGIES

***DON'T WAIT TOO LONG
TO WORK IT OUT***

EPH. 5:26-27



PRACTICAL STRATEGIES

ASK GOD FOR HELP

EPH. 6:10-11,18



PRACTICAL STRATEGIES

SUBMIT TO THE LORD

JAM. 4:7-8; GAL. 2:20



