

1 Corinthians 9:25-27 ESV

Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

Calm in the face of chaos, Controlled when emotions are high!

How to develop your inner stoic:

Resist the contagion of complaining

Philippians 2:14-15 NLT

Do everything without complaining and arguing, so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.

Complaining is easy, anyone can do it, and everyone does it. Paul says if you want to shine, if you want to live right before God, don't complain!

1 Corinthians 10:10-11 HCSB

Nor should we complain as some of them (Israelites) did, and were killed by the destroyer. Now these things happened to them as examples, and they were written as a warning to us, on whom the ends of the ages have come.

Respond slowly and purposefully

Proverbs 15:28 NLT

The heart of the godly thinks carefully before speaking; the mouth of the wicked overflows with evil words.

James 1:19-20 ESV

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.

Rely on Jesus

Mark 4:38-41 NLT

Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, "Teacher, don't you care that we're going to drown?"

When Jesus woke up, he rebuked the wind and said to the waves, "Silence! Be still!" Suddenly the wind stopped, and there was a great calm. Then he asked them, "Why are you afraid? Do you still have no faith?"

The disciples were absolutely terrified. "Who is this man?" they asked each other. "Even the wind and waves obey him!"