

Anger

Bible Quotes & Promises

Cease from anger, and forsake wrath: fret not thyself in any wise to do evil. (Psalm 37:8)

The Lord is merciful and gracious, slow to anger, and plenteous in mercy. He will not always chide: neither will he keep his anger for ever. He hath not dealt us after our sins; nor rewarded us according to our iniquities. (Psalm 103:8-10)

The Lord is gracious, and full of compassion; slow to anger, and of great mercy. The Lord is good to all: and his tender mercies are over all his works. (Psalm 145:8,9)

He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city. (Proverbs 16:32)

If thine enemy be hungry, give him bread to eat; and if he be thirsty, give him water to drink: For thou shalt heap coals of fire upon his head, and the Lord shall reward thee.

(Proverbs 25:21,22)

Wrath is cruel, and anger is outrageous; but who is able to stand before envy?

(Proverbs 27:4)

Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

(Ecclesiastes 7:9)

But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: and whosoever shall say to his brother, Raca, shall be in danger of the council: but whosoever shall say, Thou fool, shall be in danger of hell fire. Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.

(Matthew 5:22-24)

For if ye forgive men their trespasses, your heavenly Father will also forgive you:

(Matthew 6:14)

A soft answer turneth away wrath: but grievous words stir up anger. --Proverbs 15:1

Be ye angry, and sin not: let not the sun go down upon your wrath: --Ephesians 4:26

Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you. --Ephesians 4:31, 32

But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth --Colossians 3:8

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

What the Bible says about Anger

A short-tempered man is a fool.

"Don't be quick-tempered—that is being a fool." "A wise man restrains his anger and overlooks insults. This is to his credit." "It is better to be slow-tempered than famous; it is better to have self-control than to control an army." Ecclesiastes 7:9, Proverbs 19:11, and 16:32, TLB

Get over anger quickly.

"If you are angry, don't sin by nursing your grudge. Don't let the sun go down with you still angry—get over it quickly; For when you are angry you give a mighty foothold to the devil." Ephesians 4:26-27, TLB

Don't fight back when wronged.

"Don't repay evil for evil. Don't snap back at those who say unkind things about you. Instead, pray for God's help for them, for we are to be kind to others, and God will bless us for it." I Peter 3:9, TLB

Anger produces strife.

"For as churning the milk produces butter, and as twisting the nose produces blood, so stirring up anger produces strife." Proverbs 30:33, NIV5