

God's Words of Life on
ANGER

Refrain from anger and turn from wrath; do not fret—it leads only to evil.

Psalm 37:8

If your enemy is hungry, give him food to eat; if he is thirsty, give him water to drink. In doing this, you will heap burning coals on his head, and the LORD will reward you.

Proverbs 25:21-22

An angry man stirs up dissension, and a hot-tempered one commits many sins. A man's pride brings him low, but a man of lowly spirit gains honor.

Proverbs 29:22-23

Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy.

Micah 7:18

The LORD is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will he harbor his anger forever.

Psalm 103:8-9

Devotional Thought on
ANGER

We live in an age of rage. By studying anger and its power, we can learn self-control so that we do not need to *lose* our temper in rage or *abuse* ourselves with resentment, but can *defuse* anger by resolving circumstances. We should reflect prayerfully about how we can incorporate these resolutions in our own lives:

- To keep my life centered on God, as best I can, recognizing that when I do not, my natural self will generate things to become angry about.
- To not condemn myself for feelings of anger.
- To do everything I can to avoid acting on the basis of anger.
- To clean up any problems I create as quickly as possible.
- To redirect the energy of anger away from hurting people and toward improving conditions for people.

Each person who has sought God's help in the understanding and resolution of his or her anger has, without exception, received that help. There is, indeed, a miracle involved. It is the miracle of God's love for us, the miracle of his redemptive

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My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.

James 1:19-20

"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.

Ephesians 4:26-27

A gentle answer turns away wrath, but a harsh word stirs up anger.

Proverbs 15:1

A patient man has great understanding, but a quick-tempered man displays folly.

Proverbs 14:29

Better a patient man than a warrior, a man who controls his temper than one who takes a city.

Proverbs 16:32

Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head." Do not be overcome by evil, but overcome evil with good.

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Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:31-32

But I tell you that anyone who is angry with his brother will be subject to judgment. But anyone who says, "You fool!" will be in danger of the fire of hell.

Matthew 5:22

A wise man fears the LORD and shuns evil, but a fool is hotheaded and reckless. A quick-tempered man does foolish things, and a crafty man is hated.

Proverbs 14:16-17

And he passed in front of Moses, proclaiming, "The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the fathers to the third and fourth generation

Exodus 34: 6-7

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But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.

Colossians 3:8

A hot-tempered man stirs up dissension, but a patient man calms a quarrel.

Proverbs 15:18

Starting a quarrel is like breaching a dam; so drop the matter before a dispute breaks out.

Proverbs 17:14

In your anger do not sin; when you are on your beds, search your hearts and be silent.

Psalms 4:4

Let the LORD judge the peoples. Judge me, O LORD, according to my righteousness, according to my integrity, O Most High. My shield is God Most High, who saves the upright in heart.

Psalms 7:8,10

Sing to the LORD, you saints of his; praise his holy name. For his anger lasts only a moment, but his favor lasts a lifetime; weeping may remain for a night, but rejoicing comes in the morning.

Psalms 30: 4-5

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I will listen to what God the LORD will say; he promises peace to his people, his saints—but let them not return to folly.

Psalms 85:8

Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foes, with your right hand you save me. The LORD will fulfill his purpose for me; your love, O LORD, endures forever—do not abandon the works of your hands.

Psalms 138:7-8

Do not make friends with a hot-tempered man, do not associate with one easily angered, or you may learn his ways and get yourself ensnared.

Proverbs 22:24-25

I want men everywhere to lift up holy hands in prayer, without anger or disputing.

1 Timothy 2:8

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

1 Corinthians 13:4-5