



## *God's Promises to Help You With... Anger*

"Cease from anger and forsake wrath; Do not fret; it leads only to evildoing."  
***Psalm 37:8***

"A wise man is cautious and turns away from evil, But a fool is arrogant and careless. A quick-tempered man acts foolishly, And a man of evil devices is hated."  
***Proverbs 14:16-17***

"He who is slow to anger has great understanding, But he who is quick-tempered exalts folly."  
***Proverbs 14:29***

"A gentle answer turns away wrath, but a harsh word stirs up anger."  
***Proverbs 15:1***

"He who is slow to anger is better than the mighty, And he who rules his spirit, than he who captures a city."  
***Proverbs 16:32***

"Do not be eager in your heart to be angry, For anger resides in the bosom of fools."  
***Ecclesiastes 7:9***

"But I say to you that everyone who is angry with his brother shall be guilty before the court; and whoever says to his brother, 'You good-for-nothing,' shall be guilty before the supreme court; and whoever says, 'You fool,' shall be guilty enough to go into the fiery hell.

"Therefore if you are presenting your offering at the altar, and there remember that your brother has something against you, leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering."  
***Matthew 5:22-24***

"For if you forgive others for their transgressions, your heavenly Father will also forgive you."  
***Matthew 6:14***

"Never take your own revenge, beloved, but leave room for the wrath of God, for it is written, 'VENGEANCE IS MINE, I WILL REPAY,' says the Lord. 'BUT IF YOUR ENEMY IS HUNGRY, FEED HIM, AND IF HE IS THIRSTY, GIVE HIM A DRINK; FOR IN SO DOING YOU WILL HEAP BURNING COALS ON HIS HEAD.' Do not be overcome by evil, but overcome evil with good."

***Romans 12:19-21***

"BE ANGRY, AND YET DO NOT SIN; do not let the sun go down on your anger."

***Ephesians 4:26***

"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you."

***Ephesians 4:31-32***

"But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth."

***Colossians 3:8***

"For we know Him who said, 'VENGEANCE IS MINE, I WILL REPAY.' And again, 'THE LORD WILL JUDGE HIS PEOPLE.'"

***Hebrews 10:30***

"This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger; for the anger of man does not achieve the righteousness of God."

***James 1:19-20***