

Overcoming Anger

Psalm 37:8 Cease from anger, and forsake wrath; Do not fret--it only causes harm.

Psalm 103:8 The Lord is merciful and gracious, Slow to anger, and abounding in mercy.

Psalm 106:32-33 They angered Him also at the waters of strife, So that it went ill with Moses on account of them; 33 Because they rebelled against His Spirit, So that he spoke rashly with his lips.

Proverbs 4:23 Keep your heart with all diligence, For out of it spring the issues of life.

Proverbs 12:16 A fool's wrath is known at once, But a prudent man covers shame.

Proverbs 14:29 He who is slow to wrath has great understanding, But he who is impulsive exalts folly.

Proverbs 15:1 A soft answer turns away wrath, But a harsh word stirs up anger.

Proverb 15:18 A wrathful man stirs up strife, But he who is slow to anger allays contention.

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

Proverbs 19:11 The discretion of a man makes him slow to anger, And his glory is to overlook a transgression.

Proverbs 19:19 A man of great wrath will suffer punishment; For if you rescue him, you will have to do it again.

Proverbs 21:19 Better to dwell in the wilderness, Than with a contentious and angry woman.

Proverbs 22:24-25 Make no friendship with an angry man, And with a furious man do not go, 25 Lest you learn his ways And set a snare for your soul.

Proverbs 27:3-4 A stone is heavy and sand is weighty, But a fool's wrath is heavier than both of them. 4 Wrath is cruel and anger a torrent, But who is able to stand before jealousy?

Proverbs 29:8 Scoffers set a city aflame, But wise men turn away wrath.

Proverbs 29:11 A fool vents all his feelings, But a wise man holds them back.

Proverbs 30:33 For as the churning of milk produces butter, And wringing the nose produces blood, So the forcing of wrath produces strife.

Ecclesiastes 7:9 Do not hasten in your spirit to be angry, For anger rests in the bosom of fools.

Matthew 5:21-22 You have heard that it was said to those of old, 'You shall not murder, and whoever murders will be in danger of the judgment.' 22 "But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgment. And whoever says to his brother, 'Raca!' shall be in danger of the council. But whoever says, 'You fool!' shall be in danger of hell fire.

2 Corinthians 12:20 For I fear lest, when I come, I shall not find you such as I wish, and that I shall be found by you such as you do not wish; lest there be contentions, jealousies, outbursts of wrath, selfish ambitions, backbitings, whisperings, conceits, tumults;

Galatians 5:20-21 idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, 21 envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God.

Ephesians 4:26-27 "Be angry, and do not sin": do not let the sun go down on your wrath, 27 nor give place to the devil.

Ephesians 4:30-32 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. 31 Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. 32 And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you.

Ephesians 6:4 And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord.

Colossians 3:8-9 But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. 9 Do not lie to one another, since you have put off the old man with his deeds,

1 Timothy 2:8 I desire therefore that the men pray everywhere, lifting up holy hands, without wrath and doubting;

James 1:19-20 So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; 20 for the wrath of man does not produce the righteousness of God.