

Slowing Anger

Biblical principles and directives to help you be slow to anger.

James 1:19-21 (NIV) 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. Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.

Colossians 3:5-10 Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Because of these, the wrath of God is coming. You used to walk in these ways, in the life you once lived. But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator.

1 Timothy 2:8 I want men everywhere to lift up holy hands in prayer, without anger or disputing.

Psalms 37:8 Refrain from anger and turn from wrath; do not fret — it leads only to evil.

Ephesians 4:26-27 “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.

(ESV) Be angry and do not sin; do not let the sun go down on your anger,
and give no opportunity to the devil.

Ephesians 4:31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

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

Ecclesiastes 7:9 Do not be quickly provoked in your spirit, for anger resides in the lap of fools.

Proverbs 29:11 A fool gives full vent to his anger, but a wise man keeps himself under control.

Proverbs 30:32-33 If you have played the fool and exalted yourself, or if you have planned evil, clap your hand over your mouth! For as churning the milk produces butter, and as twisting the nose produces blood, so stirring up anger produces strife.