

Dealing with our own anger.

1 *Learn to be slow to get angry*

“A man’s wisdom gives him patience;
it is to his glory to overlook an offence.”

Proverbs 19:11

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

Proverbs 16:32

2 *Learn to express your anger even-temperedly*

“A man of knowledge uses words with restraint, and a
man of understanding is even-tempered.”

Proverbs 17:27

“A fool gives full vent to his anger,
but a wise man keeps himself under control.”

Proverbs 29:11

3 *Trust the LORD*

“Do not say, “I’ll pay you back for this wrong!”
Wait for the LORD, and he will deliver you.”

Proverbs 20:22

Dealing with the anger of others.

1 Respond gently

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

Proverbs 15:1

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

Proverbs 15:18

2 Forgive any offence

“He who covers over an offence promotes love,
but whoever repeats the matter separates close
friends.”

Proverbs 17:9

3 Refuse to get involved in a quarrel

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

Proverbs 17:14