

# Anger

Let everyone be... slow to anger.  
The anger of man does not achieve the righteousness of God.  
James 1:19-20

Do you sin by becoming angry? Do you wish to change? Many Christians have replaced anger with righteousness through the Scriptures. What do some believers say about their anger and how they have changed?

*I used to get angry when...* people interrupted me or gave me something else to do.  
*How that seems now...* I would get angry because I wanted to finish what I was working on.  
*My life today...* I still work hard, but now I honor God by loving people more than finishing my current project.

*I used to get angry...* at traffic, at selfish people and when my boss yelled at me.  
*How that seems now...* I wanted life to be easy.  
*My life today...* By God's grace, now I choose to be kind instead of bitter.

*I used to get angry when...* I didn't win or when someone else was praised.  
*How that seems now...* I wanted to be God (I got angry because people didn't give honor to me).  
*My life today...* Now God is my God. I live to bring honor to Him.

*I used to get angry because...* I gave in to the same old temptations.  
*How that seems now...* I hated myself.  
*My life today...* I wanted to be perfect. I wasn't. I'm still not perfect. Now I live with my eyes on Jesus, thankful to be forgiven through His sacrifice.

*I used to get angry when...* I was alone. No one loved me. "How can God do this to me?" I thought.  
*How that seems now...* I was proud. I wanted people to love me more than I wanted to obey God.  
*My life today...* Through the Word I understand God's love. It is all I need.

*I used to get angry when...* I didn't get what I wanted. My kids disobeyed and my husband didn't give me any attention.  
*How that seems now...* I was so angry.  
*My life today...* Now it's about God, not me. I'm here to give, not to get.

The Word of God talks about the circumstances *when* we get angry and the reasons *why* we get angry. It also teaches us how to replace anger with righteousness.

## What to Do

- 1) Complete the journal every day until, by God's grace, the habit pattern of your life is to not sin by becoming angry.
- 2) Carefully read through one of the three pages of Scripture daily.
- 3) Memorize a new Bible verse from these pages each week. Choose Scriptures that best address your problem and the solution. Review the memorized Scriptures at least 4 different times each day.

# Wisdom on Anger

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| <b>Proverbs 1:7</b>   | The fear of the LORD is the beginning of knowledge;<br>Fools despise wisdom and instruction.              |
| <b>Proverbs 3:7</b>   | Do not be wise in your own eyes;<br>Fear the LORD and turn away from evil.                                |
| <b>Proverbs 10:12</b> | Hatred stirs up strife,<br>But love covers all transgressions.                                            |
| <b>Proverbs 10:17</b> | He is on the path of life who heeds instruction,<br>But he who ignores reproof goes astray.               |
| <b>Proverbs 10:19</b> | When there are many words, transgression is unavoidable,<br>But he who restrains his lips is wise.        |
| <b>Proverbs 11:2</b>  | When pride comes, then comes dishonor,<br>But with the humble is wisdom.                                  |
| <b>Proverbs 12:4</b>  | An excellent wife is the crown of her husband,<br>But she who shames him is like rotteness in his bones.  |
| <b>Proverbs 12:15</b> | The way of a fool is right in his own eyes,<br>But a wise man is he who listens to counsel.               |
| <b>Proverbs 12:18</b> | There is one who speaks rashly like the thrusts of a sword,<br>But the tongue of the wise brings healing. |
| <b>Proverbs 14:29</b> | He who is slow to anger has great understanding,<br>But he who is quick-tempered exalts folly.            |
| <b>Proverbs 14:30</b> | A tranquil heart is life to the body,<br>But passion is rotteness to the bones.                           |
| <b>Proverbs 15:1</b>  | A gentle answer turns away wrath,<br>But a harsh word stirs up anger.                                     |
| <b>Proverbs 15:4</b>  | A soothing tongue is a tree of life,<br>But perversion in it crushes the spirit.                          |
| <b>Proverbs 15:17</b> | Better is a dish of vegetables where love is<br>Than a fattened ox <i>served</i> with hatred.             |
| <b>Proverbs 15:18</b> | A hot-tempered man stirs up strife,<br>But the slow to anger calms a dispute.                             |
| <b>Proverbs 15:28</b> | The heart of the righteous ponders how to answer,<br>But the mouth of the wicked pours out evil things.   |
| <b>Proverbs 15:31</b> | He whose ear listens to the life-giving reproof<br>Will dwell among the wise.                             |

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| <b>Proverbs 15:33</b>    | The fear of the LORD is the instruction for wisdom,<br>And before honor <i>comes</i> humility.                                          |
| <b>Proverbs 16:2</b>     | All the ways of a man are clean in his own sight,<br>But the LORD weighs the motives.                                                   |
| <b>Proverbs 16:5</b>     | Everyone who is proud in heart is an abomination to the LORD;<br>Assuredly, he will not be unpunished.                                  |
| <b>Proverbs 16:18</b>    | Pride <i>goes</i> before destruction,<br>And a haughty spirit before stumbling.                                                         |
| <b>Proverbs 16:32</b>    | He who is slow to anger is better than the mighty,<br>And he who rules his spirit, than he who captures a city.                         |
| <b>Proverbs 17:20</b>    | He who has a crooked mind finds no good,<br>And he who is perverted in his language falls into evil.                                    |
| <b>Proverbs 19:11</b>    | A man's discretion makes him slow to anger,<br>And it is his glory to overlook a transgression.                                         |
| <b>Proverbs 19:19</b>    | <i>A man of great anger will bear the penalty,</i><br>For if you rescue <i>him</i> , you will only have to do it again.                 |
| <b>Proverbs 19:23</b>    | The fear of the LORD leads to life,<br>So that one may sleep satisfied, untouched by evil.                                              |
| <b>Proverbs 20:1</b>     | Wine is a mocker, strong drink a brawler,<br>And whoever is intoxicated by it is not wise.                                              |
| <b>Proverbs 20:3</b>     | Keeping away from strife is an honor for a man,<br>But any fool will quarrel.                                                           |
| <b>Proverbs 21:24</b>    | "Proud," "Haughty," "Scoffer," are his names,<br>Who acts with insolent pride.                                                          |
| <b>Proverbs 22:24-25</b> | Do not associate with a man given to anger; or go with a hot-tempered man,<br>Or you will learn his ways and find a snare for yourself. |
| <b>Proverbs 28:13</b>    | He who conceals his transgressions will not prosper,<br>But he who confesses and forsakes them will find compassion.                    |
| <b>Proverbs 29:8</b>     | Scorners set a city aflame,<br>But wise men turn away anger.                                                                            |
| <b>Proverbs 29:9</b>     | When a wise man has a controversy with a foolish man,<br>The foolish man either rages or laughs, and there is no rest.                  |
| <b>Proverbs 29:11</b>    | A fool always loses his temper,<br>But a wise man holds it back.                                                                        |
| <b>Proverbs 29:22</b>    | An angry man stirs up strife,<br>And a hot-tempered man abounds in transgression.                                                       |

# Replacing Anger

- Genesis 4:6** Then the LORD said to Cain, "Why are you angry? And why has your countenance fallen? If you do well, will not *your countenance* be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it."
- Psalms 119:67** Before I was afflicted I went astray,  
But now I keep Your word.
- Matthew 5:46** For if you love those who love you, what reward do you have? Do not even the tax collectors do the same?
- Matthew 12:34-35** You brood of vipers, how can you, being evil, speak what is good? For the mouth speaks out of that which fills the heart. The good man brings out of *his* good treasure what is good; and the evil man brings out of *his* evil treasure what is evil.
- Luke 9:23-24** And He was saying to *them* all, "If anyone wishes to come after Me, he must deny himself, and take up his cross daily and follow Me. For whoever wishes to save his life will lose it, but whoever loses his life for My sake, he is the one who will save it."
- John 13:34-35** A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. By this all men will know that you are My disciples, if you have love for one another.
- Ephesians 4:29** Let no unwholesome word proceed from your mouth, but only such a *word* as is good for edification according to the need of *the moment*, so that it will give grace to those who hear.
- Ephesians 4:31-32** 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.
- James 1:19-20** *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 4:1-2** What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel. You do not have because you do not ask.
- Galatians 1:10** For am I now seeking the favor of men, or of God? Or am I striving to please men? If I were still trying to please men, I would not be a bond-servant of Christ.

# Anger: Journal

Day:  
Date:

What happened just before I was tempted to get angry

What I thought

What emotions I was feeling

When tempted to choose anger, this is what I did and said

What Bible verse best describes my response

What was the right thing to do (include Scripture)

*Prayer:*

Give thanks for God's help to replace anger with righteousness (Ephesians 4.31-32)

Or

Confess sin and repent (Proverbs 28.13)