

# Anger

**1. Anger is not in itself sinful. Ps. 7:11.** (*God is angry with the wicked.*) **1 Kings 11:9.** (*God was angry with Solomon.*) **2 Kings 17:18.** (*God was angry with Israel.*) **Mark 3:5.** (*Jesus was angry with the Pharisees.*)

**2. Be slow to become angry. Prov. 14:17.** A quick-tempered man acts foolishly, And a man of wicked intentions is hated. **Prov. 14:29.** He who is slow to wrath has great understanding, But he who is impulsive exalts folly. **James 1:19–20.** So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God.

**3. Love covers a multitude of sins and overlooks many offenses. Prov. 10:12.** Hatred stirs up strife, But love covers all sins. **Prov. 12:16.** A fool's wrath is known at once, But a prudent man covers shame. **Prov. 17:9.** He who covers a transgression seeks love, But he who repeats a matter separates friends. **Prov. 19:11.** The

discretion of a man makes him slow to anger, And his glory is to overlook a transgression. **1 Peter 4:8.** And above all things have fervent love for one another, for “love will cover a multitude of sins.”

**4. Seek the way of love. 1 Cor. 13:4–5.** Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil;

**5. Cain’s anger turned into hate and murder. Gen. 4:3–8.**

**6. Hot words stir up strife. Prov. 15:1.** A soft answer turns away wrath, But a harsh word stirs up anger.

**7. A hot-tempered man creates dissension. Prov. 15:18.** A wrathful man stirs up strife, But he who is slow to anger allays contention.

**8. Do not associate with a hot-tempered man. Prov. 22:24–25.** Make no friendship with an

angry man, And with a furious man do not go,  
Lest you learn his ways And set a snare for your  
soul.

**9. Control yourself. Prov. 25:28.** Whoever has no rule over his own spirit is like a city broken down, without walls. **Prov. 29:22.** An angry man stirs up strife, And a furious man abounds in transgression. **Prov. 30:33.** For as the churning of milk produces butter, And wringing the nose produces blood, So the forcing of wrath produces strife.

**10. Fits of rage belong to your sinful nature, the way of sin. Gal. 5:19–21.**

**11. Good news! Through the Spirit you can overcome the sin of a hot temper. Gal. 5:22–25.**

**12. Handle anger in a godly way. Do not let the sun go down on your anger. Eph. 4:26.** “Be angry, and do not sin”: do not let the sun go down on your wrath.