

# WHEN YOU ARE ANGRY AND BITTER

## *Psalm 37:8*

Cease from anger and forsake wrath; fret not yourself - it tends only to evildoing.

## *Psalm 103: 8*

The Lord is merciful and gracious, slow to anger and plenteous in mercy and loving-kindness.

## *Proverbs 14:29*

He who is slow to anger has great understanding, but he who is hasty of spirit exposes and exalts his folly.

## *Proverbs 15:1*

A soft answer turns away wrath, but grievous words stir up anger.

## *Proverbs 15:18*

A hot-tempered man stirs up strife, but he who is slow to anger appeases contention.

## *Proverbs 19:11*

Good sense makes a man restrain his anger, and it is his glory to overlook a transgression or an offense.

## *Ecclesiastes 7:9*

Do not be quick in spirit to be angry or vexed, for anger and vexation lodge in the bosom of fools.

## *Ephesians 4:26*

When angry, do not sin; do not ever let your wrath (your exasperation, your fury or indignation) last until the sun goes down.

## *Ephesians 4:31-32*

Let all bitterness and indignation and wrath (passion, rage, bad temper) and resentment (anger, animosity) and quarrelling (brawling, clamour, contention) and slander (evil-speaking, abusive, or blasphemous language) be banished from you, with all malice (spite, ill will, or baseness of any kind). And become useful and helpful and kind to one another, tenderhearted (compassionate, understanding, loving-hearted), forgiving one another [readily and freely], as God in Christ forgave you.

## *Colossians 3:8*

But now put away and rid yourselves [completely] of all these things: anger, rage, bad feeling toward others, curses and slander, and foulmouthed abuse and shameful utterances from your lips.

## *James 1:19-20*

Understand [this], my beloved brethren. Let every man be quick to hear [a ready listener], slow to speak, slow to take offense and to get angry. For man's anger does not promote the righteousness God [wishes and requires].