

## 7 PROVERBS FOR DEALING ANGER

By: Minister Micah

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Proverbs 14:17 says, "A quick-tempered person does foolish things." Proverbs 29:22 says, "An angry person stirs up conflict, and a hot-tempered person commits many sins." But in a world filled with toxic spirits, narcissists, accusers, abusers, gossipers, and liars, how do we maintain our sense of sanity without getting angry? Luckily, God understands us better than we understand ourselves. The Bible does not tell us to never get angry. In fact, Numbers 32 tells us how God's "anger was kindled against Israel," and Matthew 21:12 tells how Jesus overturned tables and benches in the Jerusalem temple. Both God and Jesus understand that anger is a normal response to certain stimuli. While it may be more of a stimulus for some than others, one thing is true: We all get angry. This is not a resource teaching you how to never get angry; instead, it is a resource with seven biblical proverbs to help you cope with anger.

Proverbs 4:7 "Above all, get understanding." (NIV)

**Ask questions.** Many times, anger comes from something we have interpreted from what someone either did or said. The enemy wants us angry because it is easy to assume and accuse than to hear and understand. Ask questions to get a better understanding of what made you angry. It may not be what you thought it was.

Proverbs 15:18 "A hot-tempered person starts fights; a cool-tempered person stops them." (NLT)

**Aim for peace and resolution.** What are you aiming for when you are angry?

Proverbs 19:11 "It is to one's glory to overlook an offense." (NIV)

**Learn to overlook offenses.** This is the only Scripture in the Bible that gives glory back to us. It is for your glory and self-ownership to not be swayed by every offense. Pray and ask God to give you the insight and maturity to overlook offenses.

Proverbs 10:10 "A chattering fool comes to ruin." (NIV)

**Be quiet.** For some of us, anger causes us to talk more. Our tongues have the power to build up and to tear down. If building up is not on your mind when you are angry, the second-best option is to be quiet.

Proverbs 16:32 "He who is slow to anger is better than the mighty, and he who rules his own spirit, than he who captures a city." (LSB)

**Ask God to deliver you from being easily angered.** Many of God's anointed people in the Bible had anger issues but did not have much influence on God's people until God intervened.

Proverbs 18:24 "One who has unreliable friends soon comes to ruin." (NIV)

**Watch your company.** If you have anger issues, one of the most important things you can do is avoid bad company. Bad company feeds on chaos, and chaos feeds on more chaos. Bad company uses negative emotions to stir up this chaos.

Proverbs 22:24 "Do not associate with one who is easily angered, you may learn their ways and get yourself ensnared." (NIV)

**Run with people who are slow to anger.** Peace lasts longer when we choose to associate with people walking in the deliverance that we want from God.

While we cannot break from ever becoming angry, we can be free from the enemy's tactics of using our anger against us. My prayer is that you God steps in on whatever you are facing in your anger and will be the front face of your decisions and thoughts. We have the tools; the challenge is using them properly when we are caught up in our emotions. But, with the power of God, the teachings of Jesus, and the counsel of the Holy Spirit, we can take all thoughts and reactions captive and give the world a better demonstration of Who God is.