

Ephesians 4:26 HCSB

Be angry and do not sin. Don't let the sun go down on your anger...

Ephesians 4:26 NLT

And "don't sin by letting anger control you." Don't let the sun go down while you are still angry...

Proverbs 14:17 CEV

Fools have quick tempers, and no one likes you if you can't be trusted.

Uncontrolled anger leads to Unpredictable reactions that Undermines your character!

Slow it Down

James 1:19-20 NIV

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.

Proverbs 18:13 NLT

Spouting off before listening to the facts is both shameful and foolish.

Think it Through

Psalms 4:4 NLT

Don't sin by letting anger control you. Think about it overnight and remain silent.

Talk it Out

Proverbs 29:11 NIV

Fools give full vent to their rage, but the wise bring calm in the end.

Proverbs 1:5 HCSB

a wise man will listen and increase his learning, and a discerning man will obtain guidance

Let it Go

Proverbs 19:11 NLT

Sensible people control their temper; they earn respect by overlooking wrongs.

Titus 3:3,6-7 CEV

We used to be stupid, disobedient, and foolish, as well as slaves of all sorts of desires and pleasures. We were evil and jealous. Everyone hated us, and we hated everyone...God sent Jesus Christ our Savior to give us his Spirit. Jesus treated us much better than we deserve. He made us acceptable to God and gave us the hope of eternal life.

Response

Today I accepted Jesus Christ

I am resolving to control my anger