

James 1:19 NIV

My dear brothers and sisters, take note of this:  
Everyone should be **quick to listen, slow to speak** and **slow to become angry...**

Righteous: being and doing what is right in the eyes of God!

James 1:20 NIV

...because human anger does not produce the **righteousness that God desires.**

Matthew 22:37-39 NIV

Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.’  
This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’

Being angry makes a point, being loving makes a difference!

### Lower your expectations

2 Timothy 3:2-4 NLT

For people will love only themselves and their money. They will be boastful and proud, scoffing at God, disobedient to their parents, and ungrateful. They will consider nothing sacred. They will be unloving and unforgiving; they will slander others and have no self-control. They will be cruel and hate what is good. They will betray their friends, be reckless, be puffed up with pride, and love pleasure rather than God.

### Raise your tolerance

Ephesians 4:2-3 NASB 1995

...with all humility and gentleness, with patience, **showing tolerance for one another in love**, being diligent to preserve the unity of the Spirit in the bond of peace.

### Share the grace

Ephesians 2:8-9 ESV

For by grace you have been saved through faith. And this is **not your own doing**; it is the gift of God, not a result of works, so that **no one may boast.**