

ANGER

If you "blow your stack" or "vent" once a month
here are 17 verses
on God's opinion about angry people.

- Proverbs 14.17 the quick-tempered person is a fool
- Proverbs 14.29 slow to anger is smart living
- Proverbs 15.1 harsh words stir up anger
- Proverbs 15.18 hot tempered man stirs up strife
- Proverbs 16.14 wise men will appease the fury of others
- Proverbs 16.32 men who are slow to anger should be esteemed
- Proverbs 17.1 poverty is better than an angry household
19.13 21.9,19 25.24 27.15
- Proverbs 19.11 people with discretion are slow to anger and overlook other people's sins
- Proverbs 19.19 angry people should be punished
- Proverbs 22.24 don't make angry people your best friends
- Proverbs 26.21 angry men throw wood on the fire
- Proverbs 27.4 anger is like a flood
- Proverbs 29.8 fools ignite the fire, the wise avoid it
- Proverbs 29.9 angry men are fools who won't let the issue rest
- Proverbs 29.11 fools lose their temper
- Proverbs 29.22 hot-tempered men commit lots of sins, they stir up strife
- Proverbs 30.33 churning up anger produces more anger

Look up all these verses and draw your own angry head in the margin.



Someone once made this list of 11 things for kids
to help them curb their anger quickly.
Check 2 that would help you.

- zip your lips and "throw away" the key
- very quickly say "I'm sorry I spoke like that"
- stop in the middle of a sentence. close your eyes
and tell God you're sorry
- . . .then say, "Would you forgive me for
speaking to you like that?"
- wear a rubber band on your wrist and snap it
every time you say one angry word
- bonk yourself on the bean
- puff up both cheeks and don't say another angry
word
- say, "excuse me" and walk away for 30
seconds, then come back and say "Sorry"
- snap your fingers
- flick your ear with you finger
- confess your sin quietly to God

- cut this out and tape it somewhere

