

Anger

[Psalm 145:8](#) **Jehovah is gracious, merciful, slow to anger**, and of great loving kindness.

[Nehemiah 9:16-18](#) "But they and our fathers dealt proudly and hardened their neck, didn't listen to your commandments, 17 and refused to obey, neither were they mindful of your wonders that you did among them, but hardened their neck, and in their rebellion appointed a captain to return to their bondage. But **you are a God ready to pardon, gracious and merciful, slow to anger, and abundant in loving kindness, and didn't forsake them.** 18 Yes, when they had made them a molten calf, and said, 'This is your God who brought you up out of Egypt,' and had committed awful blasphemies;

- [Hebrews 13:5](#) Be ... content with such things as you have, for he has said, "**I will in no way leave you, neither will I in any way forsake you.**"
- [Deuteronomy 31:8](#) Jehovah, he it is who does go before you; **he will be with you, he will not fail you, neither forsake you:** don't be afraid, neither be dismayed."

[Psalm 30:4-5](#) **Sing praise to Jehovah**, you saints of his. Give thanks to his holy name. 5 **For his anger is but for a moment. His favor is for a lifetime.** Weeping may stay for the night, but joy comes in the morning.

[James 1:19-21](#) So, then, my beloved brothers, **let every man be swift to hear, slow to speak, and slow to anger; 20 for the anger of man doesn't produce the righteousness of God.** 21 Therefore, putting away all filthiness and overflowing of wickedness, receive with humility **the implanted word, which is able to save your souls.**

- Remember that **Jesus is the word**([John 1:1-3,14](#)) and that His words come from His Father and are eternal life. **We need the words/teachings of Jesus implanted into our minds.**
- [John 12:48-50](#) He who rejects me, and doesn't receive my sayings, has one who judges him. **The word that I spoke, the same will judge him in the last day.** 49 For **I spoke not from myself, but the Father who sent me**, he gave me a commandment, what I should say, and what I should speak. 50 I know that **his commandment is eternal life.** The things therefore which **I speak, even as the Father has said to me**, so I speak."

[Ecclesiastes 7:9](#) Don't be hasty in your spirit to be angry, for **anger rests in the bosom of fools.**

[Proverbs 14:17](#) **He who is quick to become angry will commit folly**, and a crafty man is hated.

[Proverbs 16:32](#) **One who is slow to anger is better than the mighty;** one who rules his spirit, than he who takes a city.

[Proverbs 15:18](#) A wrathful man stirs up contention, but **one who is slow to anger appeases strife.**

[Proverbs 29:22](#) **An angry man stirs up strife, and a wrathful man abounds in sin.**

[Psalm 37:8](#) **Cease from anger, and forsake wrath.** Don't fret, it leads only to evil-doing.

[Proverbs 22:24-25](#) **Don't befriend a hot-tempered man**, and don't associate with one who harbors anger: 25 **lest you learn his ways, and ensnare your soul.**

- **By beholding, we become changed.** The apostle Paul writes in [2 Corinthians 3:18](#), "And we all, with unveiled face, **beholding as in a mirror the glory of the Lord, are being transformed into the same image** from glory to glory, just as **by the Spirit of the Lord[Jesus(1Cor8:6)].**" This process of transformation occurs as we behold the glory of the Father through His "beloved" Son, which is revealed to us through the Bible and through our relationship with Him. Beholding God's glory is a powerful way to experience transformation in our lives . As we behold His glory, we are changed, and our lives are transformed. This transformation is not just a one-time event, but a process that occurs over time as we continue to behold God's glory.

[Proverbs 15:1](#) **A gentle answer turns away wrath, but a harsh word stirs up anger.**

[Colossians 3:21](#) Fathers, **provoke not your children to anger**, lest they be discouraged.

[Proverbs 19:11](#) **The discretion of a man makes him slow to anger.** It is his glory to overlook an offense.

[Proverbs 21:19](#) It is better to dwell in the wilderness, than with a contentious and an angry woman.

Jesus speaking in [Matthew 5:21-22](#) "You have heard that it was said to the ancient ones, 'You shall not murder;' and 'Whoever shall murder shall be in danger of the judgment.' 22 But I tell you, that **everyone who is angry with his brother without a cause shall be in danger of the judgment; and whoever shall say to his brother, 'Raca(worthless)!' shall be in danger of the council; and whoever shall say, 'You fool(dull or stupid)!' shall be in danger of the fire of Gehenna(hell).**

[Ephesians 4:31-32](#) Let all bitterness, wrath, **anger**, outcry, and slander, **be put away from you**, with all malice. 32 And **be kind to one another, tenderhearted, forgiving each other, just as God also in Christ forgave you.**

[Romans 12:19-21](#) **Don't seek revenge yourselves, beloved, but give place to God's wrath.** For it is written, "**Vengeance belongs to me; I will repay**, says the Lord."([deut32:35](#); [Heb10:30](#)) 20 Therefore "If your enemy is hungry, feed him. If he is thirsty, give him a drink; for in doing so, you will heap coals of fire on his head." 21 Don't be overcome by evil, but **overcome evil with good.**

[Proverbs 25:21-22](#) If your enemy is hungry, give him food to eat. If he is thirsty, give him water to drink: 22 for **you will heap coals of fire on his head, and Jehovah will reward you.**

[Colossians 3:5-11](#) Put to death therefore your members which are on the earth: sexual immorality, uncleanness, depraved passion, evil desire, and covetousness, which is idolatry; 6 for which things' sake **the wrath of God comes on the children of disobedience.** 7 You also once walked in those, when you lived in them; 8 but now you also **put them all away: anger, wrath, malice, slander, and shameful speaking out of your mouth.** 9 Don't lie to one another, seeing that you have put off the old man with his doings, 10 and have put on the new man, who is being renewed in knowledge after the image of his Creator, 11 where there can't be Greek and Jew, circumcision and uncircumcision, barbarian, Scythian, bondservant, freeman; but **Christ is all, and in all.**

- Clarification on "**Christ is... in all**" => [Philippians 2:5](#) "**Let this mind be in you**, which was also in Christ Jesus:" Remember also that Jesus told us to eat(assimilate) His words, which are spirit and life everlasting. See [John 6:54,63,68](#) . **This is how Christ is in us**, which gives us the hope of glory - everlasting life([Col1:27](#))

I think it important to note that not all anger is sinful. Here is an example:

[John 2:12-17](#) ... [Jesus] went down to Capernaum, he, and his mother, his brothers, and his disciples; and they stayed there a few days. 13 The Passover of the Jews was at hand, and Jesus went up to Jerusalem. 14 He found in the temple those who sold oxen, sheep, and doves, and the changers of money sitting. 15 **He made a whip of cords, and threw all out of the temple, both the sheep and the oxen; and he poured out the changers' money, and overthrew their tables.** 16 **To those who sold the doves, he said, "Take these things out of here! Don't make my Father's house a marketplace!"** 17 His disciples remembered that it was written, "**Zeal for your house will eat me up.**"

- [Psalm 69:9](#) For the **zeal of your house consumes me.** The reproaches of those who reproach you have fallen on me.
- When Jesus entered the temple in Jerusalem and saw people selling animals and exchanging money, **He was filled with anger and zeal** for the house of His Father, Jehovah.
- This event is often referred to as the "**cleansing of the temple**" and is seen as a demonstration of Jesus' strong feelings about the commercialization of worship and the corruption of the temple. Jesus was upset that the temple, which was meant to be a place of prayer and worship, had become a place of commerce and exploitation.
- Note also the words of Jesus in [John 8:29](#) "... he that sent me is with me: the Father hath not left me alone; for **I do always those things that please him.**"

[Ephesians 4:25-28](#) Therefore, putting away falsehood, speak truth each one with his neighbor. For we are members of one another. 26 "**Be angry, and don't sin.**" **Don't let the sun go down on your wrath**, 27 neither give place to the devil. 28 Let him who stole steal no more; but rather let him labor, working with his hands the thing that is good, that he may have something to give to him who has need.