**Prescriptions for the Soul – Anger**

Here are a number of Bible verses that deal with Anger. Each one is preceded by a very short explanation of the main point in the verse. Take 2 in the morning and 2 at night until your symptoms clear up.

* Read them
* Think them through and pray about them
* Apply them to your life
* Memorize the best ones

When you have time, look them up and read the chapter they came from to get even more context.

*Genuine love leaves no place for anger. If you have anger in your heart, it will block your ability to love them.*

1 Corinthians 13:4-6  Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6Love does not delight in evil but rejoices with the truth.

*When you are angry, you are dangerous to yourself and others. Don’t keep going over it in your mind. Let go of it! The devil will use it to cause harm.*

# Ephesians 4:26-27  “In your anger do not sin”: Do not let the sun go down while you are still angry, 27and do not give the devil a foothold.

# *You get rid of negative thinking by refocusing on positives, like Jesus and love, etc.*

# Ephesians 4:30-32 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

# *Believers have spiritual rebirth. We must deny the old self who still exists in our thinking.*

# Colossians 3:7-9  You used to walk in these ways, in the life you once lived. 8But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. 9Do not lie to each other, since you have taken off your old self with its practices.

# *Pray against your anger. Pray for the ones you are angry towards. Expect God to help you.*

[1 Timothy 2:8](https://www.biblegateway.com/passage/?search=1%20Timothy+2:8&version=NIV) Therefore I want the (people) everywhere to pray, lifting up holy hands without anger or disputing.

*These words that you are planting in yourself can save you from anger.*

# James 1:19-21  My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20because human anger does not produce the righteousness that God desires. 21Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.

# *It is a godly attribute to be slow to anger. Count to ten, stall it until you can control it. Seek greater understanding.*

[Psalm 86:15](https://www.biblegateway.com/passage/?search=Psalm+86:15&version=NIV) But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.

# *Here, Jesus says that to indulge your anger is a great sin, like murder.*

# Matthew 5:21-22A “You have heard that it was said to the people long ago, ‘You shall not murder, and anyone who murders will be subject to judgment.’ 22But I tell you that anyone who is angry with a brother or sister will be subject to judgment.

# *Repenting is a great way to get rid of sin. Tell God, and turn your back on anger. God forgives!*

# Acts 8:22-23 Repent of this wickedness and pray to the Lord in the hope that he may forgive you for having such a thought in your heart. 23For I see that you are full of bitterness and captive to sin.”

*Uncontrolled anger is not wisdom, it does no good, only evil.*

[Psalm 37:8](https://www.biblegateway.com/passage/?search=Psalm+37:8&version=NIV) Refrain from anger and turn from wrath; do not fret—it leads only to evil.

*Our anger often stirs up anger in others.*

[Proverbs 15:1](https://www.biblegateway.com/passage/?search=Proverbs+15:1&version=NIV) A gentle answer turns away wrath, but a harsh word stirs up anger.

*Sometimes, people who care about us leave a note or something to help us let go of anger. They deserve our best, not our anger.*

[Proverbs 21:14](https://www.biblegateway.com/passage/?search=Proverbs+21:14&version=NIV) A gift given in secret soothes anger

# *Anger is contagious. Get yourself to a better place. Ask God to help.*

# Proverbs 22:24-25  Do not make friends with a hot-tempered person,    do not associate with one easily angered, 25or you may learn their ways    and get yourself ensnared.

# *Habitually angry people can see that they are harming the people around them.*

[Proverbs 27:4](https://www.biblegateway.com/passage/?search=Proverbs+27:4&version=NIV) Anger is cruel and fury overwhelming, but who can stand before jealousy?

*Begin to think how you can turn away anger. Again, God will help.*

[Proverbs 29:8](https://www.biblegateway.com/passage/?search=Proverbs+29:8&version=NIV) Mockers stir up a city, but the wise turn away anger.

*Strife shortens life, who wants that? Pray for change.*

[Proverbs 30:33](https://www.biblegateway.com/passage/?search=Proverbs+30:33&version=NIV) For as churning cream produces butter, and as twisting the nose produces blood, so stirring up anger produces strife.”

*You don’t want to be this person. If you are, get help. I believe you’re worth it.*

[Proverbs 29:22](https://www.biblegateway.com/passage/?search=Proverbs+29:22&version=NIV) An angry person stirs up conflict, and a hot-tempered person commits many sins.

*If you blame God for your anger, then you are wrapped up in wrong thinking. Don’t reject the One who can help the most.*

[Proverbs 19:3](https://www.biblegateway.com/passage/?search=Proverbs+19:3&version=NIV) A person’s own folly leads to their ruin, yet their heart rages against the Lord.

*Have you noticed that angry people never seem to get anywhere?*

[Proverbs 29:9](https://www.biblegateway.com/passage/?search=Proverbs+29:9&version=NIV) If a wise person goes to court with a fool, the fool rages and scoffs, and there is no peace.

*If you blow-up around others, they will eventually know you as a fool.*

[Proverbs 29:11](https://www.biblegateway.com/passage/?search=Proverbs+29:11&version=NIV) Fools give full vent to their rage, but the wise bring calm in the end.

*In Christ, you have some joy to share. Don’t let anger steal your joy.*

P[roverbs 14:10](https://www.biblegateway.com/passage/?search=Proverbs+14:10&version=NIV) Each heart knows its own bitterness, and no one else can share its joy.

*Develop a long fuse. Then throw away the dynamite at the other end.*

[Ecclesiastes 7:9](https://www.biblegateway.com/passage/?search=Ecclesiastes+7:9&version=NIV) Do not be quickly provoked in your spirit, for anger resides in the lap of fools.

*To keep from letting other angry people infect you, determine in advance to remain calm.*

[Ecclesiastes 10:4](https://www.biblegateway.com/passage/?search=Ecclesiastes+10:4&version=NIV) If a ruler’s anger rises against you, do not leave your post; calmness can lay great offenses to rest.