

Anger, Hot Temper

For help in overcoming uncontrolled anger and a hot temper, see OVERCOMING SIN; and SELF-CONTROL.

1. Anger is not in itself sinful.

Ps. 7:11. (God is angry with the wicked.)

1 Kings 11:9. (God was angry with Solomon.)

2 Kings 17:18. (God was angry with Israel.)

Mark 3:5. (Jesus was angry with the Pharisees.)

2. Be slow to become angry.

Prov. 14:17. A quick-tempered man acts foolishly, And a man of wicked intentions is hated.

Prov. 14:29. He who is slow to wrath has great understanding, But he who is impulsive exalts folly.

James 1:19–20. So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God.

3. Love covers a multitude of sins and overlooks many offenses.

Prov. 10:12. Hatred stirs up strife, But love covers all sins.

Prov. 12:16. A fool's wrath is known at once, But a prudent man covers shame.

Prov. 17:9. He who covers a transgression seeks love, But he who repeats a matter separates friends.

Prov. 19:11. The discretion of a man makes him slow to anger, And his glory is to overlook a transgression.

1 Peter 4:8. And above all things have fervent love for one another, for "love will cover a multitude of sins."

4. Seek the way of love.

1 Cor. 13:4–5. Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil;

5. Cain's anger turned into hate and murder.

Gen. 4:3–8.

6. Hot words stir up strife.

Prov. 15:1. A soft answer turns away wrath, But a harsh word stirs up anger.

7. A hot-tempered man creates dissension.

Prov. 15:18. A wrathful man stirs up strife, But he who is slow to anger allays contention.

8. Do not associate with a hot-tempered man.

Prov. 22:24–25. Make no friendship with an angry man, And with a furious man do not go, Lest you learn his ways And set a snare for your soul.

9. Control yourself.

Prov. 25:28. Whoever has no rule over his own spirit Is like a city broken down, without walls.

Prov. 29:22. An angry man stirs up strife, And a furious man abounds in transgression.

Prov. 30:33. For as the churning of milk produces butter, And wringing the nose produces blood, So the forcing of wrath produces strife.

10. Fits of rage belong to your sinful nature, the way of sin.

Gal. 5:19–21.

11. Good news! Through the Spirit you can overcome the sin of a hot temper.

Gal. 5:22–25.

12. Handle anger in a godly way. Do not let the sun go down on your anger.

Eph. 4:26. "Be angry, and do not sin": do not let the sun go down on your wrath.

John G. Krus, Quick Scripture Reference for Counseling, electronic ed. (Grand Rapids, MI: Baker Book House, 1994).