

Title: Practical ways to overcome anger
Series: Losing It
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A patient person shows great understanding, but a quick-tempered one promotes foolishness. (Proverbs 14:29)

The LORD passed in front of him and proclaimed: The LORD—the LORD is a compassionate and gracious God, slow to anger and abounding in faithful love and truth, maintaining faithful love to a thousand generations, forgiving iniquity, rebellion, and sin... (Exodus 34:6-7)

Don't make friends with an angry person, and don't be a companion of a hot-tempered one, or you will learn his ways and entangle yourself in a snare. (Proverbs 22:24-25)

A gentle answer turns away anger, but a harsh word stirs up wrath...A hot-tempered person stirs up conflict, but one slow to anger calms strife. (Proverbs 15:1,18)

While he was still speaking, suddenly a mob came, and one of the Twelve named Judas was leading them. He came near Jesus to kiss him, but Jesus said to him, "Judas, are you betraying the Son of Man with a kiss?" When those around him saw what was going to happen, they asked, "Lord, should we strike with the sword?" Then one of them struck the high priest's servant and cut off his right ear. (Luke 22:47-50)

But Jesus responded, "No more of this!" And touching his ear, he healed him. Then Jesus said to the chief priests, temple police, and the elders who had come for him, "Have you come out with swords and clubs as if I were a criminal? Every day while I was with you in the temple, you never laid a hand on me. But this is your hour—and the dominion of darkness." (Luke 22:51-53)

Reflection Question:

What do you need today: patience, a gentle answer, or an audit of your community?