

# A BIBLICAL RESPONSE TO ANGER

## 6 PRACTICAL STEPS FROM PROVERBS

1

### PAUSE & RESTRAIN YOUR ANGER

*A fool gives full vent to his spirit, but a wise man quietly holds it back. - Proverbs 29:11*

*Whoever is slow to anger has great understanding...  
- Proverbs 14:29*

Application: When anger rises, your first act of wisdom is to pause. Choose delay over reaction. Step away, breathe deeply, and pray briefly, "Lord, help me to slow down." Use that moment to notice what's happening inside. Ask, "What is this anger showing me I care about?" Restraint is not weakness—it's the first act of ruling your spirit by God's power (Proverbs 16:32).

### SOFTEN YOUR WORDS & EXAMINE YOUR HEART

2

*A soft answer turns away wrath, but a harsh word stirs up anger. - Proverbs 15:1*

*The tongue of the wise makes knowledge appealing...  
- Proverbs 15:2*

Application: Speak gently and slowly. Even if you don't yet feel calm, let your tone lead your heart. Then look beyond the emotion; ask reflective questions like, "What was I wanting or expecting right now?" "Is my anger protecting something good or feeding my pride?" Remember, gentle words create space for God's wisdom to work, both in you and in others.

3

### EVALUATE BEFORE GOD & DISCERN WHETHER TO OVERLOOK

*Good sense makes one slow to anger, and it is his glory to overlook an offense. - Proverbs 19:11*

Application: Not every offense requires a response. Some irritations are best released in love. Ask God, "Is this anger about my kingdom or Yours?" If it's about personal annoyance, pride, or control—choose grace. Overlooking small offenses reflects the glory of a heart at peace with God. If it's about true harm or injustice, prayerfully prepare to engage with humility and wisdom.

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#### CONFESS, SURRENDER & RECEIVE GRACE

4

***Whoever is patient has great understanding, but one who is quick-tempered displays folly. - Proverbs 14:29***

Application: Confess sinful anger honestly before God. Name what drives it — selfishness, pride, fear, entitlement. Then surrender it: "Lord, I yield my desire to control, to be right, or to be repaid." Receive His grace to replace anger with compassion, forgiveness, and patience. This is where transformation begins — from reaction to renewal.

5

#### PRAY, ASK GOD FOR HELP, & COMMIT YOUR WAY TO THE LORD

***Trust in the Lord with all your heart, and do not lean on your own understanding. - Proverbs 3:5***

***Whoever is slow to anger is better than the mighty...  
- Proverbs 16:32***

Application: Yield your situation and emotions to God. Ask Him, "Teach me how to respond wisely here." Identify your common anger triggers and prayerfully prepare alternate responses. Invite trusted friends, mentors, or counselors into your growth process — people who can remind you of God's promises and hold you accountable lovingly. Progress in patience is Spirit-led, not self-made.

#### IF CONFRONTATION IS NEEDED, AIM FOR PEACE

6

***A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel. - Proverbs 15:18***

***Through patience a ruler can be persuaded, and a gentle tongue can break a bone. - Proverbs 25:15***

Application: Some issues must be addressed — for truth, safety, or restoration. When you do, guard your heart and words. Speak truth in love, seeking peace, not victory. Before the conversation, pray Philippians 4:6–7-style: "Lord, guard my heart and mind with Your peace." Let your goal be reconciliation, not revenge; wisdom, not winning.

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