

IGEK **DIRECTIONS: USE VERSES AS NEEDED** FOR THE RELIEF OF ANGER AND FOR A **DOSE OF GOD'S HEALING WISDOM**

- **Proverbs 15:1** "A soft answer turns away wrath, but a harsh word stirs" up anger."
- Psalm 103:8 "The Lord is merciful and gracious, slow to anger and abounding in steadfast love."
- Proverbs 29:11 "A fool gives full vent to anger, but the wise quietly holds it back."
- **Psalm 30:5** "For his anger is but for a moment; his favor is for a lifetime. Weeping may linger for the night, but joy comes with the morning."
- Ephesians 4:26-27 "Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil."
- **Proverbs 14:29** "Whoever is slow to anger has great understanding, but one who has a hasty temper exalts folly."
- **Proverbs 16:32** "One who is slow to anger is better than the mighty, and one whose temper is controlled than one who captures a city."
- James 1:19 "You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger."
- Joel 2:13 "Rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing."
- Romans 12:19 "Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, 'Vengeance is mine, I will repay, says the Lord."