

THIRTY DAY DEVOTIONAL GUIDE FOR MANAGING ANGER©

(All passages are from the New International Version of the Bible)

Read a passage each day and meditate on how you can apply it to yourself and your relationships:

1

Leviticus 19:18 “Do not seek revenge or bear a grudge against one of your people, but love your neighbor as yourself.”

2

I Corinthians 13:4-7 “Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.”

3

Proverbs 12:25 “An anxious heart weighs a man down, but a kind word cheers him up.”

Proverbs 15:30 “A cheerful look brings joy to the heart, and good news gives health to the bones.”

Proverbs 16:24 “Pleasant words are a honeycomb, sweet to the soul and healing to the bones.”

4

James 1:19 “...Everyone should be quick to listen, slow to speak, and slow to become angry.”

Proverbs 18:2 & 13 “A fool finds no pleasure in understanding but delights in airing his own opinions. He who answers before listening—that is his folly and his shame.”

5

John 15:12-13 “My command is this: love each other as I have loved you. Greater love has no one than this, that he lay down his life for his friends.”

I John 4:10-11 “This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another.”

6

Proverbs 11:24-25 “One man gives freely, yet gains even more; another withholds unduly, but comes to poverty. A generous man will prosper; he who refreshes others will himself be refreshed.”

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7

Psalm 37:4 “Delight yourself in the Lord and he will give you the desires of your heart.”

Joshua 24:15b “But as for me and my household, we will serve the Lord.”

John 14:6-7 “Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me. If you really knew me, you would know my Father as well.”

8

Proverbs 12:18 “Reckless words pierce like a sword, but the tongue of the wise brings healing.”

Proverbs 21:23 “He who guards his mouth and his tongue keeps himself from calamity.”

Proverbs 15:1 “A gentle answer turns away wrath, but a harsh word stirs up anger.”

9

Proverbs 29:11 “A fool gives full vent to his anger, but a wise man keeps himself under control.”

Ephesians 4:26 “In your anger, do not sin: Do not let the sun go down while you are still angry.””

10

Romans 12:10-13 “Be devoted to one another in brotherly love. Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with God’s people who are in need. Practice hospitality.”

11

Proverbs 21:2 “All a man’s ways seem right to him, but the Lord weighs the heart.”

12

Philippians 4:4-7 “Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

13

Proverbs 27:17 “As iron sharpens iron, so one man sharpens another.”

14

Ecclesiastes 8:9b “There is a time when a man lords it over others to his own hurt.”

Proverbs 21:24 “The proud and arrogant man—‘Mocker’ is his name; he behaves with overweening pride.”

Proverbs 3:34 “He mocks proud mockers but gives grace to the humble.”

15

Matthew 5:7 “Blessed are the merciful, for they will be shown mercy.”

16

Ephesians 5:25,33 “Husbands, love your wives, just as Christ loved the church and gave himself up for her. Each one of you must also love his wife as he loves himself, and the wife must respect her husband.”

17

I Peter 2:17 “Show proper respect to everyone.”

18

Matthew 7:1-3 “Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye?”

Galatians 6:1 “if someone is caught in a sin, you who are spiritual should restore him gently.”

19

Acts 20:35b “It is more blessed to give than to receive.”

20

I Peter 5:7 “Cast all your anxiety on him because he cares for you.”

I John 4:18 “There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.”

21

Proverbs 19:11 “A man’s wisdom gives him patience; it is to his glory to overlook an offense.”

Romans 12:14 “Bless those who persecute you; bless and do not curse.”

I Peter 2:23 “When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats.”

22

Romans 12:15-16a “Rejoice with those who rejoice; mourn with those who mourn. Live in harmony with one another.”

23

Ephesians 4:32 “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

24

Philippians 2:2-4 "...make my joy complete by being like-minded, having the same love, being one in spirit and purpose. Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others."

25

I Thessalonians 5:11a, 15 "Therefore encourage one another and build each other up... Make sure that nobody pays back wrong for wrong, but always try to be kind to each other and to everyone else."

26

Philemon 4 "I always thank my God as I remember you in my prayers..."

27

Romans 12:2 "Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind."

Philippians 4:8 "whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

28

James 5:16a "Therefore confess your sins to each other and pray for each other so that you may be healed."

29

Colossians 3:12-14 "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity."

30

Hebrews 3:13a "But encourage one another daily"