

Managing Anger

Awareness Day Macclesfield October 2011

Helpful Quotes

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Eph 4:31-32 NIV

for a man's anger does not bring about the righteous life that God desires
James 1:20-21 NIV.

Do not conform any longer to the pattern of this world but be transformed by the renewing of your mind. Rom 12v2 NIV

But they remained silent. He looked round at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." Mark 3:4-5 NIV

Do not be quickly provoked in your spirit for anger resides in the lap of fool
Ecclesiastes 7:9

A quick tempered man does foolish things. Proverbs 14:17

"In your anger do not sin": Do not let the sun go down while you are still angry,
Eph 4:26 NIV

Have this mind among yourselves, which is yours in Christ Jesus, who, emptied himself, taking the form of a servant..... he humbled himself and became obedient unto death, even death on a cross. Phil 2:5-9 RSV

He is able to do immeasurably more than we can ask or imagine according to his power that is at work within us. Eph 3v20 NIV

He who is slow to anger has great understanding (Proverbs 14v29)

Refrain from anger and turn from wrath; do not fret - it leads only to evil (Psalm 37:8).

A fool shows his annoyance at once, but a prudent man overlooks an insult (Proverbs 12:16).

Do not say, "I'll pay you back for this wrong!" Wait for the LORD, and he will deliver you (Proverbs 20:22).

My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires (James 1:19-20).

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Anger is neither good nor bad but it becomes a problem when it harms us or another person. Mental Health Foundation Booklet

Anyone can become angry. That is easy. But to be angry with the right person; to the right degree, at the right time, for the right purpose and in the right way . . . is not easy. Aristotle (384-322BC)

“Grief on account of what is happening to others and not a grudge on account of what is happening to oneself” Dr E Stanley Jones.

The world needs anger. We often continue to allow evil because we aren't angry enough. Bede Jarrett

When we become angry with evil, we stiffen ourselves against it and oppose it. Otherwise we would allow it to invade us and others. Selwyn Hughes “Marriage as God intended”.

Physiologically it simply doesn't matter whether your anger is justified or not. The body doesn't make moral judgements about feelings; it just responds. Childe and Martin

If you do not wish to be prone to anger, do not feed the habit; give it nothing which may tend to its increase. Epictetus

Anger will never disappear as long as thoughts of resentment are cherished in the mind. John Dryden.

Anger is one letter short of danger. Eleanor Roosevelt

Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured. Mark Twain

Sometimes when I'm angry I have the right to be angry, but that doesn't give me the right to be cruel. – author unknown

Anyone can become angry. That is easy. But to be angry with the right person; to the right degree, at the right time, for the right purpose and in the right way that is not within everyone's power and is not easy. Aristotle (384-322BC)