

Apply God's Word to Your Life Today



When You're Feeling Angry at Others



Hopeful Hearts Ministry



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7 Bible Promises. When you're feeling angry at others.

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Hopeful Hearts Ministry

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Created to share faith, hope, encouragement, and the love of God.

Scripture Translation.

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A Word from Our Pastor.

Dear Friend,

We all experience anger. Sometimes we are hurt by someone's words or actions, treated unfairly, or disappointed by someone we trusted. In those moments, it can be easy to let anger take control of our hearts.

But God invites us to bring our anger and hurt to Him. His Word teaches us to be slow to speak, quick to listen, ready to forgive, and willing to trust Him with the situations we cannot change.

As you read these seven Bible promises, take a moment to ask God what He wants to show you. Perhaps there is someone you need to forgive, something you need to let go of, or simply a hurt that you need to place into God's hands.

My prayer is that these Scriptures will bring peace to your heart and remind you that you do not have to carry your anger alone.

May God give you a heart that is slow to anger, quick to forgive, and filled with His peace.

God bless you,

**With love and prayers,
Pastor Dan**



When you're feeling angry at others.

1

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,

James 1:19 — NIV

Be Slow to Become Angry

When we are angry, our first reaction is often to speak before we have had time to think. We may say things we later regret.

God encourages us to slow down. Listen before responding. Take a moment to pray before speaking. You don't have to answer every hurtful word immediately.

Sometimes the most godly response is to be quiet for a moment and allow God to calm your heart before you respond.

Practical Reflection

When someone makes you angry, what could you do differently before you respond? Could you pause, pray, and listen before speaking?



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2

**In your anger do not sin Do not let the sun go down while you are still
angry,**

Ephesians 4:26 — NIV

Do Not Let Anger Control You

Feeling angry does not automatically mean that we have sinned. Anger can show us that something has hurt us or that something feels wrong.

But anger becomes dangerous when we allow it to control our thoughts, words, and actions.

God invites us to deal with anger rather than allowing it to grow inside us. Bring your feelings to Him honestly and ask Him to help you respond with wisdom instead of reacting out of anger.

.Practical Reflection

Is there an anger or hurt that you have been carrying for a long time? What would it look like to begin giving that situation to God today?



When you're feeling angry at others.

3

A gentle answer turns away wrath, but a harsh word stirs up anger.

Proverbs 15:1 — NIV

A Gentle Answer Can Change the Moment

When someone speaks harshly to us, our natural reaction may be to answer with even stronger words. But this often makes the situation worse.

A gentle response does not mean that you agree with everything someone has done. It means that you choose not to add more anger to the situation.

Before you respond, ask God to give you calm words. Your response may completely change the direction of the conversation.

.Practical Reflection

Think about a recent difficult conversation. How might the situation have been different if you had responded with gentleness rather than anger?



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4

Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.

Romans 12:19 — NIV

Let God Deal With What Is Unfair

One of the hardest things to do when we have been hurt is to let go of our desire to make the other person pay.

We may want them to understand our pain. We may want justice. We may even want them to experience what they have made us feel.

But God reminds us that we do not have to carry the responsibility of revenge. We can place the situation into His hands and trust Him with what we cannot control.

Letting go does not mean saying that what happened was right. It means trusting God with the outcome.

.Practical Reflection

What situation are you trying to control or get even in? Can you honestly bring it to God and ask Him to handle what you cannot?



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5

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:31–32 — NIV

Choose Kindness Instead of Bitterness

Anger that is held onto for a long time can slowly become bitterness. What began as one painful moment can begin to affect the way we see another person, and eventually affect our own hearts.

God calls us to put bitterness and anger aside and choose kindness and forgiveness.

Forgiveness does not mean forgetting what happened or pretending that you were not hurt. It means choosing not to allow the hurt to control your heart.

Ask God to help you forgive, even when forgiveness feels difficult.

Practical Reflection

Is there someone whose actions are still affecting your heart? What would taking one small step toward forgiveness look like for you?



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6

Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.

1 Peter 3:9 — NIV

Do Not Return Evil for Evil

When someone hurts us, we can easily think, *They deserve to be treated the same way.*

But Jesus calls us to something different.

We don't have to return hurt for hurt or anger for anger. We can choose a different response because our lives are not meant to be controlled by the behavior of others.

When you are tempted to get even, pause and pray. Ask God to help you respond in a way that reflects His character rather than the anger you are feeling.

Practical Reflection

When you feel tempted to hurt someone back with your words or actions, what could you do instead that would reflect God's love?



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7

Do not be anxious about anything, but in every situation, 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.

Philippians 4:6–7 — NIV

Let God Give You Peace

When anger fills our thoughts, it can become difficult to think about anything else. We replay the conversation, remember what happened, and imagine what we should have said.

God invites us to bring all of that to Him.

Tell Him exactly what happened. Tell Him how you feel. Tell Him what has made you angry.

You don't have to hide your emotions from God. Bring them into His presence through prayer.

And as you surrender your anger and concerns to Him, allow His peace to guard your heart and mind.

Practical Reflection

What is making you angry or troubled today? Take a few minutes to tell God honestly how you feel and ask Him to replace your anger with His peace.



A Final Word of Encouragement

When you are angry at someone, remember that you don't have to deal with that anger alone.

Pause. Pray. Listen. Forgive. Trust God.

You may not be able to change what another person has done, but with God's help, you can choose how you respond.

Ask God to give you a heart that is slow to anger, quick to forgive, and willing to choose peace.

Your anger does not have to have the final word. Let God have it.



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