# Wisdom for Managing Anger



Explore Biblical wisdom on controlling anger and cultivating patience through Proverbs and other scriptures in this 3-day study plan.





#### Table of contents

Introduction	3
Day 1: 6 Understanding the Tempest Within	4
Day 2:	10
Day 3: B Cultivating Peace in Daily Living	16







#### Introduction

Welcome to this 3-day Bible study on being careful with anger. Anger is a powerful emotion that, if left unchecked, can harm relationships, cloud judgment, and lead to regret. The Bible offers timeless wisdom that helps us understand the root of our anger and guides us on how to respond in ways that honor God and preserve peace.

*Proverbs 15:18* reminds us, "A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel." This verse serves as a lens for our study as we learn to pause, reflect, and engage with grace rather than frustration.

Over the next three days, we'll reflect on the nature of anger, its consequences, and the biblical approach to managing it. Whether you struggle with anger yourself or desire to respond more lovingly to others' outbursts, this study invites you to align your heart with God's perspective and His peace. As you meditate on each passage, consider how God is inviting you to grow in patience, gentleness, and self-control.

Let's embark on this journey toward wisdom that transforms our anger into a testimony of God's grace and peace. May the Holy Spirit guide your thoughts and actions as you learn to be careful with anger and cultivate a spirit that reflects God's love.







# Day 1: Understanding the Tempest Within









Day 1: 6 Understanding the Tempest Within

#### Your Verse

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

#### **Supporting Scriptures**

- James 1:19 "Everyone should be quick to listen, slow to speak and slow to become angry,"
- Ephesians 4:26 "'In your anger do not sin': Do not let the sun go down while you are still angry,"







Day 1: 6 Understanding the Tempest Within

#### Devotional: Recognizing and Managing Anger Wisely

Anger in itself is not sinful; it's the way we handle it that matters. Proverbs 15:18 paints a vivid picture of how unchecked anger can escalate conflict, whereas patience serves as a calming force. Think about a time when anger flared up quickly—did it bring resolution or more strife?

James 1:19

God knows our human tendency to anger, which is why **Ephesians 4:26** advises not to sin in anger and to resolve it before day's end. This calls us to recognize anger but not to harbor it or act destructively.

Today, reflect on how often anger controls your reactions. Do you tend to stoke the fire or diffuse it? Ask God to help you slow down, listen more, and engage with a calm spirit. Anger doesn't have to be a tempest; with God's wisdom, it can be a signal pointing us toward deeper patience and understanding.







Day 1: 🖰 Understanding the Tempest Within

### Reflect and Apply

1.	When was the last time anger led to more conflict in your life?
2.	How can listening more carefully help you control your anger?
3.	What steps might God be calling you to take to resolve anger quickly?







Day 1: 🖰 Understanding the Tempest Within

### **Journaling Prompts**

1.	Write about a recent situation where you felt angry. How did you respond?
2.	List practical ways you can slow down your responses when anger rises.
3.	Reflect on a Bible verse or story that encourages patience and write how it inspires you.







Day 1: 6 Understanding the Tempest Within

### Prayer for Today

**Dear Lord,** thank You for Your patience with me even when I struggle with anger. Please help me to be quick to listen and slow to speak or become angry. Teach me to manage my emotions with grace, so I may be a peacemaker in my relationships. Fill me with Your Spirit, that I may reflect Your patience and love even in difficult moments. Help me to resolve conflicts swiftly and not let bitterness take root. Thank You for Your unfailing mercy as I learn to walk in Your wisdom. *In Jesus' name, Amen.*















#### Your Verse

Proverbs 29:11 - "Fools give full vent to their rage, but the wise bring calm in the end."

#### **Supporting Scriptures**

- Colossians 3:8 "But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips."
- Psalm 37:8 "Refrain from anger and turn from wrath; do not fret—it leads only to evil."







#### Devotional: Protecting Your Heart with God's Wisdom

Our hearts are the wellspring of life, and guarding them is essential to walking in wisdom. Proverbs 29:11 contrasts fools who vent their rage freely with the wise who bring calm. Venting anger impulsively often leads to damage that takes time to heal.

Colossians 3:8

#### **Psalm 37:8**

Guarding your heart means setting boundaries, practicing self-control, and allowing God's truth to shape your emotions. Today, ask God how you can protect your heart from unnecessary anger and cultivate calmness rooted in His wisdom and love.







### Reflect and Apply

	What triggers your most intense anger, and how can you guard your heart against them?
	How do you think venting anger affects your relationships and your spirit?
3.	What practical steps can you take to replace anger with calmness guided by God?







### **Journaling Prompts**

Describe ways you currently manage your anger. What works and what doesn't?
Write about a time you chose calm over anger and how it impacted the situation.
List verses or prayers that encourage you to guard your heart and keep peace.







#### Prayer for Today

Heavenly Father, thank You for teaching me the importance of guarding my heart. Help me to recognize the triggers that lead to anger and to respond with wisdom rather than impulsiveness. Fill me with Your calm and peace, so I may reflect Your image even in challenging times. Teach me to rid myself of harmful words and attitudes and to embrace patience and love. May Your Spirit lead me to be a channel of peace where I live and work. In Jesus' powerful name, amen.















#### Your Verse

Galatians 5:22–23 – "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."

#### **Supporting Scriptures**

- Proverbs 14:29 "Whoever is patient has great understanding, but one who is quick-tempered displays folly."
- Romans 12:18 "If it is possible, as far as it depends on you, live at peace with everyone."







#### Devotional: Living by the Spirit's Peace Daily

Anger doesn't have to dominate our daily lives; instead, we are called to cultivate the fruit of the Spirit. Galatians 5:22–23 describes qualities like peace, forbearance, gentleness, and self-control—all essential in managing anger effectively.

Proverbs 14:29

#### **Romans 12:18**

Today, ask the Holy Spirit to help you cultivate these fruits daily. Practice gentleness in your words and actions. When anger arises, remember that self-control is a fruit of God's presence within you. Let God's peace be the foundation of your relationships and decisions.







### Reflect and Apply

	Which fruit of the Spirit do you find most challenging to cultivate regarding anger?
2.	How can you practically pursue peace in your relationships today?
	What role does self-control play in transforming anger into peaceful actions?







### **Journaling Prompts**

	Reflect on moments when the fruit of the Spirit helped you or others handle anger.
2.	Identify one fruit of the Spirit to focus on growing this week and why.
	Write a prayer inviting the Holy Spirit to guide you in displaying peace and self-control.







### Prayer for Today

**Lord Jesus,** thank You for the fruit of the Spirit that equips me to live a life marked by peace and patience. Help me to exhibit love, joy, and self-control in every situation, especially when anger tempts me. Teach me to be gentle and to seek peace with others as You have called me. Fill my heart with Your calm presence so that I may reflect Your grace daily. May Your Spirit grow these fruits within me, transforming my anger into peace for Your glory. *In Your name I pray, amen.*







### Where God's Word Meets Your Daily Life

#### A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

#### **Bonus for You:**

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

#### Visit Now:

- \* www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at <a href="mailto:info@holyjot.com">info@holyjot.com</a>.



☐ Connect with us at: Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.