

Ephesians 4:26 (ESV)

“Be angry and do not sin; do not let the sun go down on your anger”

I face my anger, respond righteously, and put the rest of it in God's hands ending my day in with a calm mind.

Luke 6:31(ESV)

“And as you wish that others would do to you, do so to them.”

Regardless of the temptation to lash out toward those to whom my anger is directed, I will treat them in the manner I would prefer to be treated if they were angry with me.

Proverbs 15:1(ESV)

“A soft answer turns away wrath, but a harsh word stirs up anger.”

I guard my words and speak quietly and calmly when I feel my temper begins to rise.

Psalms 4:4 (KJV)

“Be angry, and do not sin; meditate within your heart on your bed, and be still.”

I resolve to think carefully regarding my anger before I react.

1 Corinthians 9:25 (ESV)

“Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we and imperishable.”

I exercise my ability to take honorable action when angry, grow in self-control, and joyfully look forward to my Heavenly home.

2 Timothy 1:7 (ESV)

“for God gave us a spirit not of fear but of power and love and self-control.”

I lean on God to give me the strength to rise above overreacting, to express the love of Christ and to act virtuously.

This page is designed so that you can print it, cut out each box and paste onto individual 3”x5” cards. You can then carry those cards with you and read over them at various times each day, working to renew your mind. It is recommended that you read (aloud whenever possible) each card three times in a row, three times a day. The aim is less to memorize and more to saturate your mind with the word of God. Any questions can be sent to Editor@ComeFillYourCup.com