

WORD OF THE DAY



WORD OF THE DAY ([Proverbs 15:1](#))

"A soft answer turns away wrath, But a harsh word stirs up anger."

MEDITATE ON THIS (Anger Management)



Anger is an emotion that all humans experience. It is important to note that experiencing anger, like any other emotion, is not inherently sinful (Ephesians 4:26). However, it is our actions and how much control we allow anger to have over us that can lead to sin.

While some individuals may not struggle with anger themselves, they may come across others who do. In these situations, it is important to understand what the Bible says about helping those who struggle with anger. [Proverbs 15:1](#) teaches that responding with a soft and gentle tone can de-escalate a potentially volatile situation, whereas responding with harsh language can aggravate the individual's anger. The verse reads *"A soft answer turns away wrath, But a harsh word stirs up anger."*

When interacting with someone who is angry, it is crucial to respond in a calm and patient manner. Even if we personally feel offended or upset, it is important to avoid using harsh words. Instead, we should communicate our disapproval of the behavior while being mindful that the individual may be struggling with anger issues. Ultimately, everyone is accountable for their actions, but by responding in love and patience, we can potentially help those who struggle with anger to overcome their struggle.

- *Your brother in Christ, WNL*

THOUGHT FOR THE WEEK

Sharing love is a way to help those struggling with anger.

PRAYER FOR THE WEEK

Dear God, thank you for your words of wisdom which remind me that I can help those struggling with anger. Help me to respond with kind words and a gentle tone when I see that others are angry at me. In Jesus name I pray, amen.

*****Spread the good news;**
*Send email addresses my way to be added to the weekly email-list ****



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