



**Ancient Wisdom
for Modern Times**

The background is a solid red color with embossed knot patterns. In the top-left corner, there is a circular knot pattern. In the top-right corner, there is a rectangular knot pattern. In the bottom-left corner, there is another rectangular knot pattern. In the bottom-right corner, there is a large, prominent knot pattern that resembles a stylized flower or a complex knot.

Wisdom

Letting Go of Anger

James 1:19-20 (NLT)

¹⁹ Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. ²⁰ Human anger does not produce the righteousness God desires

My anger is caused by external circumstances and people.

James 4:1-2a (NLT)

¹ What is causing the quarrels and fights among you? Isn't it the whole army of evil desires at war within you? ² You want what you don't have, so you scheme and kill to get it.

James 4:2b (NLT)

You are jealous for what others have, and you can't possess it, so you fight and quarrel to take it away from them. And yet the reason you don't have what you want is that you don't ask God for it.

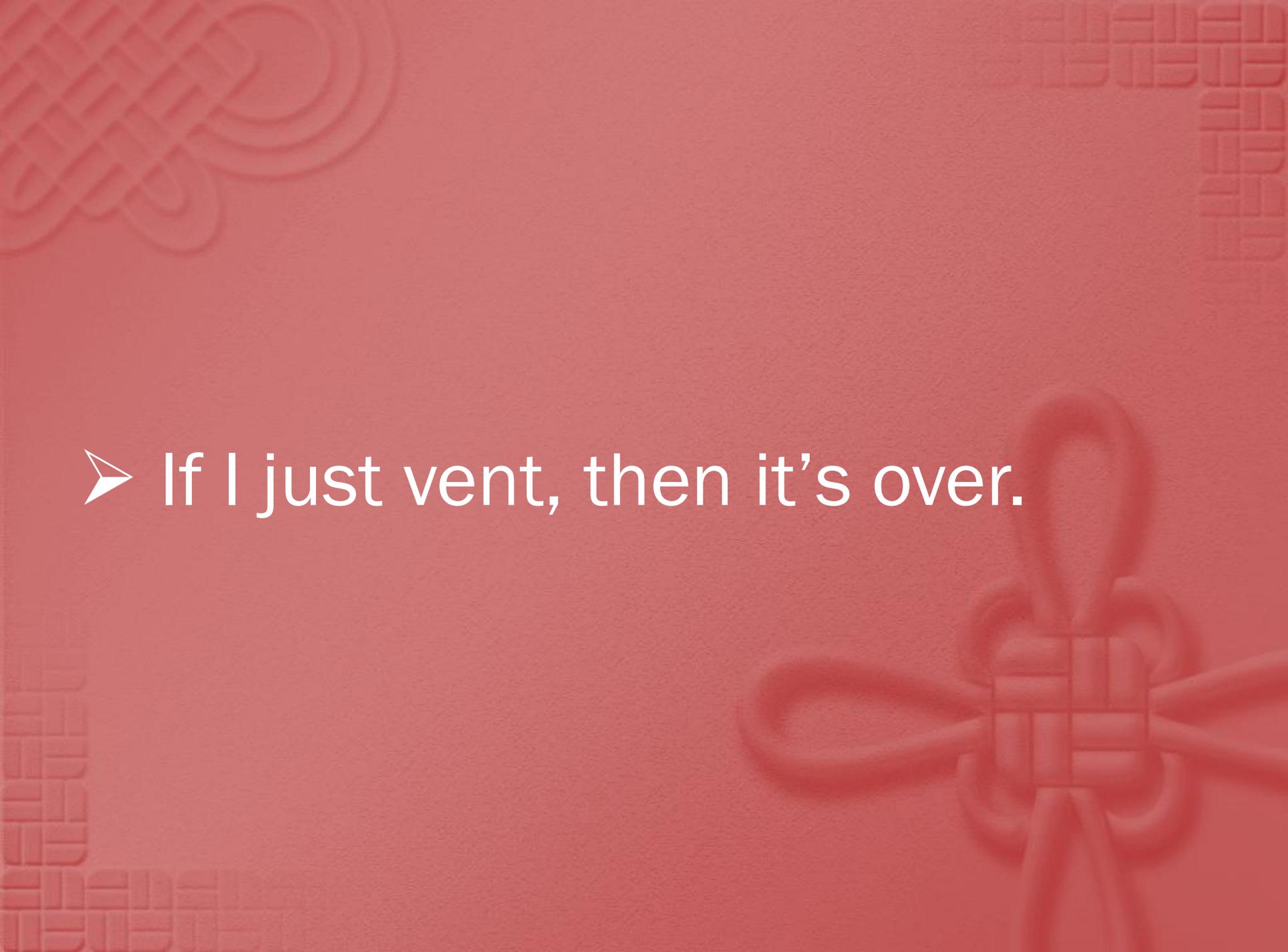
Displaying anger is a sign of strength.

Proverbs 16:32 (ESV)

³² Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

Proverbs 29:11 (NLT)

¹¹ A fool gives full vent to anger,
but a wise person quietly holds it
back.

The background is a solid red color with embossed knot patterns in the corners. A large knot is in the top-left, a smaller one in the top-right, and a large one in the bottom-right. A grid-like pattern is embossed in the bottom-left corner.

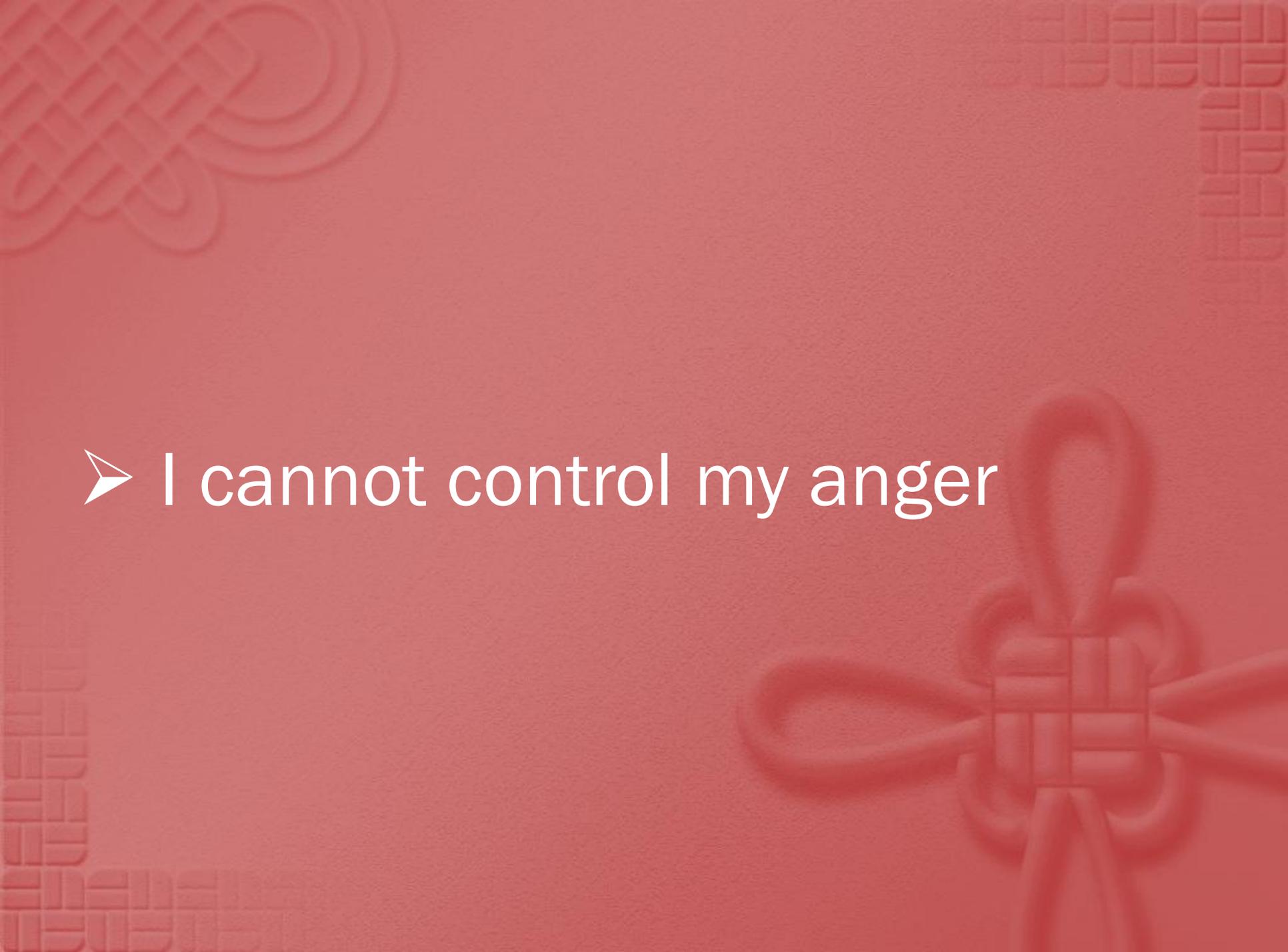
➤ If I just vent, then it's over.

Ephesians 4:26-27 (ESV)

²⁶ Be angry and do not sin; do not let the sun go down on your anger, ²⁷ and give no opportunity to the devil.

James 1:20 (NLT)

²⁰ Human anger does not produce the righteousness God desires

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➤ I cannot control my anger

Ephesians 4:30-31 (ESV)

³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

Ephesians 4:32 (ESV)

³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

James 1:21 (NLT)

²¹ So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls.