

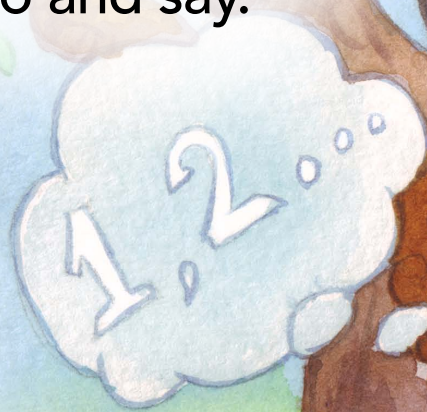
# Slow to Become Angry

A gentle answer  
turns away wrath.  
(Proverbs 15:1 NIV)





There are times when others do things that bother us or make us upset. The Bible says that we should be slow to become angry. When we do something slowly, it means we take extra time to think about what we do and say.







If someone says or does something that upsets us, often we want to answer back with an angry word or deed. But that's not being slow to anger, and it will only make the problem worse. Jesus wants us to think before we react to what others have done, and make sure our reactions are done in love instead of anger.

The next time someone does something that upsets you, go slow and try to think of a way to answer the wrong deed or ugly word with kindness and gentleness. Act slowly and patiently. Problems are solved better that way.







# Action



Learn the following saying to  
remember whenever something  
makes you angry.

When I'm angry, I'll answer slowly,  
By first counting ... one, two, three.



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