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Ministry Resources Hub

Anger vs. Forgiveness

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Anger vs. Forgiveness

Feeling angry? Is anger destroying your relationships? Do you want to change?

Anger's family of behaviors includes violence, rage, bitterness, hatred, and vengeance. These can be replaced with *forgiveness*.

Discover how to overcome anger in its various forms through time-tested insights that really work!

Self-Test

Are You Angry?

The following self-evaluation quiz will help you determine whether you have a tendency toward anger.

- Do the people who know you well worry that you will blow up at them?
- Do you have a lot of enemies?
- Do you ever scheme to get back at people?
- Do you try to control situations by “powering up” on others?
- Have you ever been in trouble with authorities for fighting?
- Does the thought of certain people cause you to tense up or grow cold?
- Are there people whom you try to avoid because you are holding something against them?
- Have you had anger-related physical symptoms, such as stomach pains, high blood pressure, or sleeplessness?
- Do you keep reliving in your mind the wrongs others have done to you?

Anger: When Mad is Bad

Anger is a strong feeling of dislike, displeasure, or antagonism. It is connected to a host of other negative feelings and behaviors, including rage, hatred, bitterness, vengefulness, and violence.

What do you do if you are filled with rage or hatred or bitterness? What do you do if you are vengeful or violent? By God’s grace, you get rid of the anger and replace it with the virtue of forgiveness. ([read more](#))

Five Steps to Overcome Anger

Are you struggling with anger or an anger-related behavior? We have outlined a five-step process to help you change and heal in this area of your life. Take all the time you need with each of the steps included in this process. ([read more](#))

Finding Freedom — A True Story

Dave was a department foreman at a manufacturing firm. One day his boss called him into the office and said, “Dave, as you know, things are a bit slow these days. I realize you have worked hard and run one of the best departments in the company, but my orders are to cut one supervisor, so I am letting you go.”

Dave was stunned. He was the only Christian among the foremen. The other supervisory personnel, including his boss, liked to go out drinking and had some wild parties together. As a result, their work sometimes suffered and Dave had to step in to rescue them. He had worked hard and now this was his reward. ([read more](#))

Related Verses

Meditate on these verses related to anger, and ask God to show you anything that you need to confess and repent of:

Control your temper, for anger labels you a fool. (Ecclesiastes 7:9, NLT2)

But I say, if you are even angry with someone, you are subject to judgment! (Matthew 5:22, NLT2)

Get rid of all bitterness, rage and anger. (Ephesians 4:31, NIV)

You have heard that it was said, "Love your neighbor and hate your enemy." But I tell you: Love your enemies and pray for those who persecute you. (Matthew 5:43-44, NIV)

Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the LORD. (Romans 12:19, NLT2)

But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too. (Mark 11:25, NLT2)

Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times." (Matthew 18:21-22, NIV)

[Read more bible verses.](#)