

*In your anger do not sin; when you are on your beds, search your hearts and be silent*  
*Psalm 4:4*

Talk don't hit. **Who** could you talk to?

*Do not say, "I'll pay you back for this wrong!" Wait for the LORD, and he will deliver you.*  
*Proverbs 20:22*

Can you give up the right to get even?.

*Better a patient man than a warrior, a man who controls his temper than one who takes a city.*  
*Proverbs 16:32*

Do you **like** angry people? Want to be one?

*I want men everywhere to lift up holy hands in prayer, **without anger** or disputing.*  
*1 timothy 2:8*

**Is a fist a Holy Hand?**

## Bible Verses For Parents

**When** a child is angry help him focus on the problem not his feelings ...and then **help** him take it to God. Cutting out these verses will help.

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For more help with anger visit:[www.ddiggs.com](http://www.ddiggs.com)

**Who would pray for self control when you could pray for something really neat?**



**You would have to be a really great man or woman to pray something like that? Especially if you really meant it.**

**Getting stuck in anger leads to violence. It leads to loneliness and mental illness. Don't let anger lead your children. Give them Bible Verses.**