The Ten Commandments for Dealing with Anger—Daily

We readily admit that the unrighteous anger that lashes out to hurt others or even ourselves is certainly "the worm in the apple" of our Christian testimony. We confess it and often take steps to turn from it. But how to deal daily with our many expressions of expressed or repressed anger? This practical seminar is designed to help us "put aside...anger, wrath, malice, slander and abusive speech" (Colossians 3:8).

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My Daily Commandments:

1. Thou shalt be more tolerant of other's shortcomings (Proverbs 19:11; 1 Peter 4:8).

2. Thou shalt not provoke others to anger (Proverbs 20:2; Ephesians 6:4).

3. Thou shalt not knowingly put yourself in a situation where you know you'll get angry (Proverbs 20:3; 22:24-25; 26:17).

4. Thou shalt stop a quarrel before it gets out of control (Proverbs 17:14).

5. Thou shalt not talk behind another's back (Proverbs 26:20).

6. Thou shalt think before you talk (Ephesians 4:29).

7. Thou shalt lower your voice (Proverbs 15:1).

8. Thou shalt forgive and seek forgiveness (Matthew 5:21-24; Ephesians 4:31-32).

9. Thou shalt consider the other person's needs as more important than your own (Philippians 2:3-4).

10. Thou shalt love in word and deed (Proverbs 10:12; 21:14).