

Bible Verses on Anger

[Proverbs 14:29](#) ESV / 987 helpful votes

Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly.

[James 1:20](#) ESV / 887 helpful votes

For the anger of man does not produce the righteousness of God.

[Ephesians 4:26](#) ESV / 802 helpful votes

Be angry and do not sin; do not let the sun go down on your anger,

[Proverbs 15:1](#) ESV / 728 helpful votes

A soft answer turns away wrath, but a harsh word stirs up anger.

[James 1:19](#) ESV / 607 helpful votes

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger;

[Ecclesiastes 7:9](#) ESV / 516 helpful votes

Be not quick in your spirit to become angry, for anger lodges in the bosom of fools.

[Proverbs 19:11](#) ESV / 506 helpful votes

Good sense makes one slow to anger, and it is his glory to overlook an offense.

[James 1:19-20](#) ESV / 488 helpful votes

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.

[Ephesians 4:31](#) ESV / 474 helpful votes

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

[Proverbs 29:11](#) ESV / 418 helpful votes

A fool gives full vent to his spirit, but a wise man quietly holds it back.

[Ephesians 4:26-27](#) ESV / 354 helpful votes

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

[Proverbs 16:32](#) ESV / 311 helpful votes

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

[Colossians 3:8](#) ESV / 296 helpful votes

But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth.

[Proverbs 15:18](#) ESV / 296 helpful votes

A hot-tempered man stirs up strife, but he who is slow to anger quiets contention.

[Matthew 5:22](#) ESV / 280 helpful votes

But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, 'You fool!' will be liable to the hell of fire.

[Romans 12:19](#) ESV / 224 helpful votes

Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord."

[Psalms 103:8](#) ESV / 222 helpful votes

The LORD is merciful and gracious, slow to anger and abounding in steadfast love.

[Galatians 5:12](#) ESV / 204 helpful votes

I wish those who unsettle you would emasculate themselves!

[Proverbs 14:17](#) ESV / 172 helpful votes

A man of quick temper acts foolishly, and a man of evil devices is hated.

[Ephesians 4:31-32](#) ESV / 161 helpful votes

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

[Galatians 5:19-21](#) ESV / 147 helpful votes

Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.

[Proverbs 22:24](#) ESV / 147 helpful votes

Make no friendship with a man given to anger, nor go with a wrathful man,

[1 Timothy 2:8](#) ESV / 138 helpful votes

I desire then that in every place the men should pray, lifting holy hands without anger or quarreling;

[Jonah 4:4](#) ESV / 132 helpful votes

And the LORD said, "Do you do well to be angry?"

[Proverbs 29:22](#) ESV / 130 helpful votes

A man of wrath stirs up strife, and one given to anger causes much transgression.

[Proverbs 25:28](#) ESV / 128 helpful votes

A man without self-control is like a city broken into and left without walls.

[Proverbs 12:16](#) ESV / 122 helpful votes

The vexation of a fool is known at once, but the prudent ignores an insult.

[Psalm 4:4](#) ESV / 120 helpful votes

Be angry, and do not sin; ponder in your own hearts on your beds, and be silent.
Selah

[1 Corinthians 13:4-5](#) ESV / 113 helpful votes

Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful;

[Psalm 37:8-9](#) ESV / 111 helpful votes

Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil. For the evildoers shall be cut off, but those who wait for the LORD shall inherit the land.

[Psalm 7:11](#) ESV / 108 helpful votes

God is a righteous judge, and a God who feels indignation every day.

[Proverbs 29:9](#) ESV / 99 helpful votes

If a wise man has an argument with a fool, the fool only rages and laughs, and there is no quiet.

[Mark 3:5](#) ESV / 88 helpful votes

And he looked around at them with anger, grieved at their hardness of heart, and said to the man, "Stretch out your hand." He stretched it out, and his hand was restored.

[Philippians 2:14](#) ESV / 87 helpful votes

Do all things without grumbling or questioning,

[Titus 1:7](#) ESV / 83 helpful votes

For an overseer, as God's steward, must be above reproach. He must not be arrogant or quick-tempered or a drunkard or violent or greedy for gain,

[Leviticus 19:17-18](#) ESV / 68 helpful votes

“You shall not hate your brother in your heart, but you shall reason frankly with your neighbor, lest you incur sin because of him. You shall not take vengeance or bear a grudge against the sons of your own people, but you shall love your neighbor as yourself: I am the LORD.

[James 4:1-2](#) ESV / 67 helpful votes

What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask.

[Ephesians 6:4](#) ESV / 62 helpful votes

Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

[Ephesians 4:1-32](#) ESV / 62 helpful votes

I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit—just as you were called to the one hope that belongs to your call— one Lord, one faith, one baptism, ...

[Proverbs 30:33](#) ESV / 61 helpful votes

For pressing milk produces curds, pressing the nose produces blood, and pressing anger produces strife.

[Romans 2:5](#) ESV / 60 helpful votes

But because of your hard and impenitent heart you are storing up wrath for yourself on the day of wrath when God's righteous judgment will be revealed.

[Job 5:2](#) ESV / 57 helpful votes

Surely vexation kills the fool, and jealousy slays the simple.

[Romans 12:21](#) ESV / 54 helpful votes

Do not be overcome by evil, but overcome evil with good.

[Proverbs 16:29](#) ESV / 54 helpful votes

A man of violence entices his neighbor and leads him in a way that is not good.

[Ephesians 4:29](#) ESV / 53 helpful votes

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

[Psalm 37:7-9](#) ESV / 53 helpful votes

Be still before the LORD and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices! Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil. For the evildoers shall be cut off, but those who wait for the LORD shall inherit the land.

[Proverbs 22:24-25](#) ESV / 52 helpful votes

Make no friendship with a man given to anger, nor go with a wrathful man, lest you learn his ways and entangle yourself in a snare.

[Exodus 34:6](#) ESV / 51 helpful votes

The LORD passed before him and proclaimed, "The LORD, the LORD, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness,

[Proverbs 27:4](#) ESV / 49 helpful votes

Wrath is cruel, anger is overwhelming, but who can stand before jealousy?

[Proverbs 14:16-17](#) ESV / 49 helpful votes

One who is wise is cautious and turns away from evil, but a fool is reckless and careless. A man of quick temper acts foolishly, and a man of evil devices is hated.

[1 John 3:15](#) ESV / 48 helpful votes

Everyone who hates his brother is a murderer, and you know that no murderer has eternal life abiding in him.

[2 Kings 17:18](#) ESV / 48 helpful votes

Therefore the LORD was very angry with Israel and removed them out of his sight. None was left but the tribe of Judah only.

[Proverbs 29:8](#) ESV / 47 helpful votes

Scoffers set a city aflame, but the wise turn away wrath.

[Galatians 5:22-23](#) ESV / 46 helpful votes

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

[Matthew 5:21-24](#) ESV / 45 helpful votes

"You have heard that it was said to those of old, 'You shall not murder; and whoever murders will be liable to judgment.' But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, 'You fool!' will be liable to the hell of fire. So if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.

[Isaiah 48:9](#) ESV / 45 helpful votes

"For my name's sake I defer my anger, for the sake of my praise I restrain it for you, that I may not cut you off.

[Proverbs 19:19](#) ESV / 45 helpful votes

A man of great wrath will pay the penalty, for if you deliver him, you will only have to do it again.

[Luke 6:31](#) ESV / 43 helpful votes

And as you wish that others would do to you, do so to them.

[Psalms 30:5](#) ESV / 43 helpful votes

For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning.

[Galatians 5:16](#) ESV / 42 helpful votes

But I say, walk by the Spirit, and you will not gratify the desires of the flesh.

[Romans 1:18](#) ESV / 40 helpful votes

For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who by their unrighteousness suppress the truth.

[Proverbs 20:3](#) ESV / 40 helpful votes

It is an honor for a man to keep aloof from strife, but every fool will be quarreling.

[1 John 2:1-29](#) ESV / 38 helpful votes

My little children, I am writing these things to you so that you may not sin. But if anyone does sin, we have an advocate with the Father, Jesus Christ the righteous. He is the propitiation for our sins, and not for ours only but also for the sins of the whole world. And by this we know that we have come to know him, if we keep his commandments. Whoever says "I know him" but does not keep his commandments is a liar, and the truth is not in him, but whoever keeps his word, in him truly the love of God is perfected. By this we may know that we are in him: ...

[Galatians 5:20](#) ESV / 38 helpful votes

Idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions,

[Jeremiah 3:12](#) ESV / 38 helpful votes

Go, and proclaim these words toward the north, and say, "'Return, faithless Israel, declares the LORD. I will not look on you in anger, for I am merciful, declares the LORD; I will not be angry forever.

[Proverbs 17:27](#) ESV / 38 helpful votes

Whoever restrains his words has knowledge, and he who has a cool spirit is a man of understanding.

[Colossians 3:6](#) ESV / 37 helpful votes

On account of these the wrath of God is coming.

[2 Corinthians 12:20](#) ESV / 37 helpful votes

For I fear that perhaps when I come I may find you not as I wish, and that you may find me not as you wish—that perhaps there may be quarreling, jealousy, anger, hostility, slander, gossip, conceit, and disorder.

[1 Peter 3:9](#) ESV / 35 helpful votes

Do not repay evil for evil or reviling for reviling, but on the contrary, bless, for to this you were called, that you may obtain a blessing.

[John 3:16-17](#) ESV / 34 helpful votes

“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.

[Philippians 2:13](#) ESV / 33 helpful votes

For it is God who works in you, both to will and to work for his good pleasure.

[Ephesians 4:26-31](#) ESV / 33 helpful votes

Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. ...

[1 Peter 5:7](#) ESV / 32 helpful votes

Casting all your anxieties on him, because he cares for you.

[Proverbs 27:3](#) ESV / 32 helpful votes

A stone is heavy, and sand is weighty, but a fool's provocation is heavier than both.

[Proverbs 6:34](#) ESV / 32 helpful votes

For jealousy makes a man furious, and he will not spare when he takes revenge.

[Ephesians 5:6](#) ESV / 31 helpful votes

Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience.

[Psalm 110:5](#) ESV / 29 helpful votes

The Lord is at your right hand; he will shatter kings on the day of his wrath.

[Galatians 5:23](#) ESV / 28 helpful votes

Gentleness, self-control; against such things there is no law.

[Nahum 1:6](#) ESV / 28 helpful votes

Who can stand before his indignation? Who can endure the heat of his anger? His wrath is poured out like fire, and the rocks are broken into pieces by him.

[Nahum 1:3](#) ESV / 28 helpful votes

The LORD is slow to anger and great in power, and the LORD will by no means clear the guilty. His way is in whirlwind and storm, and the clouds are the dust of his feet.

[Colossians 3:12-13](#) ESV / 27 helpful votes

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.

[Isaiah 57:16](#) ESV / 27 helpful votes

For I will not contend forever, nor will I always be angry; for the spirit would grow faint before me, and the breath of life that I made.

[Proverbs 25:15-26:9](#) ESV / 27 helpful votes

With patience a ruler may be persuaded, and a soft tongue will break a bone. If you have found honey, eat only enough for you, lest you have your fill of it and vomit it. Let your foot be seldom in your neighbor's house, lest he have his fill of you and hate you. A man who bears false witness against his neighbor is like a war club, or a sword, or a sharp arrow. Trusting in a treacherous man in time of trouble is like a bad tooth or a foot that slips. ...

[Proverbs 21:19](#) ESV / 27 helpful votes

It is better to live in a desert land than with a quarrelsome and fretful woman.

[Proverbs 4:23](#) ESV / 27 helpful votes

Keep your heart with all vigilance, for from it flow the springs of life.

[Proverbs 16:14](#) ESV / 26 helpful votes

A king's wrath is a messenger of death, and a wise man will appease it.

[1 Kings 11:9](#) ESV / 26 helpful votes

And the LORD was angry with Solomon, because his heart had turned away from the LORD, the God of Israel, who had appeared to him twice

[Hebrews 3:11](#) ESV / 24 helpful votes

As I swore in my wrath, 'They shall not enter my rest.'"

[Galatians 2:20](#) ESV / 24 helpful votes

I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

[Matthew 5:23-24](#) ESV / 24 helpful votes

So if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.

[Jeremiah 33:5](#) ESV / 24 helpful votes

They are coming in to fight against the Chaldeans and to fill them with the dead bodies of men whom I shall strike down in my anger and my wrath, for I have hidden my face from this city because of all their evil.

[Genesis 4:5-8](#) ESV / 24 helpful votes

But for Cain and his offering he had no regard. So Cain was very angry, and his face fell. The LORD said to Cain, "Why are you angry, and why has your face fallen? If you do well, will you not be accepted? And if you do not do well, sin is crouching at the door. Its desire is for you, but you must rule over it." Cain spoke to Abel his brother. And when they were in the field, Cain rose up against his brother Abel and killed him.

[Ezekiel 5:15](#) ESV / 23 helpful votes

You shall be a reproach and a taunt, a warning and a horror, to the nations all around you, when I execute judgments on you in anger and fury, and with furious rebukes—I am the LORD; I have spoken—

[Isaiah 57:17](#) ESV / 23 helpful votes

Because of the iniquity of his unjust gain I was angry, I struck him; I hid my face and was angry, but he went on backsliding in the way of his own heart.

[Numbers 11:1](#) ESV / 23 helpful votes

And the people complained in the hearing of the LORD about their misfortunes, and when the LORD heard it, his anger was kindled, and the fire of the LORD burned among them and consumed some outlying parts of the camp.

[Revelation 15:1](#) ESV / 22 helpful votes

Then I saw another sign in heaven, great and amazing, seven angels with seven plagues, which are the last, for with them the wrath of God is finished.

[1 John 1:8-10](#) ESV / 22 helpful votes

If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. If we say we have not sinned, we make him a liar, and his word is not in us.

[Jeremiah 51:45](#) ESV / 22 helpful votes

"Go out of the midst of her, my people! Let every one save his life from the fierce anger of the LORD!

[Job 19:29](#) ESV / 22 helpful votes **Helpful Not Helpful**

Be afraid of the sword, for wrath brings the punishment of the sword, that you may know there is a judgment."