

**Temper your temper:  
A selection of verses from Proverbs**

13 <sup>3</sup> Those who guard their lips preserve their lives, but those who speak rashly will come to ruin.

14 <sup>17</sup> A quick-tempered person does foolish things, and the one who devises evil schemes is hated.

14 <sup>29</sup> Whoever is patient has great understanding, but one who is quick-tempered displays folly.

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

15 <sup>2</sup> The tongue of the wise adorns knowledge, but the mouth of the fool gushes folly.

15 <sup>4</sup> The soothing tongue is a tree of life, but a perverse tongue crushes the spirit.

16 <sup>32</sup> Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city. (ESV)

20<sup>3</sup> It is to one's honour to avoid strife, but every fool is quick to quarrel.

22<sup>24</sup> Do not make friends with a hot-tempered person, do not associate with one easily angered, <sup>25</sup> or you may learn their ways and get yourself ensnared.

25 <sup>28</sup> If you cannot control your anger, you are as helpless as a city without walls, open to attack. (GNB)