

AA64. Being Slow to Anger.

We are to be slow in becoming angry.

This precept is derived from His Word (blessed is He):

Key New Testament Scriptures

James 1:19-20

Therefore, my dear brothers, let every person be quick to listen but slow to speak, slow to get angry; for a person's anger does not accomplish God's righteousness!

Additional New Testament Scriptures

2 Corinthians 12:20-21

Galatians 5:19-20

Related New Testament Mitzvot

AA65 Not Holding onto or Prolonging Anger

GB44 Exercising Self Control (Discipline)

Supportive Tanakh Scriptures

Psalms 4:4(3)-5(4)

You can be angry, but do not sin! Think about this as you lie in bed, and calm down.

Proverbs 19:11(10)

People with good sense are slow to anger, and it is their glory to overlook an offense.

Comment

Since Scripture commands us to be slow to anger, our anger must be at least partially under our control. The reason for this *Mitzvah* appears to be to allow us time seek the Holy Spirit's guidance in situations where our emotions might cause us to act inappropriately or wrongly.

Related Mitzvot in Volumes 1 & 2

N16 Nursing Anger Toward Our Neighbor