

ANGER MANAGEMENT

Don't worry about the wicked or envy those who do wrong.

2 For like grass, they soon fade away.

Like spring flowers, they soon wither.

3 Trust in the LORD and do good. Then you will live safely in the land and prosper.

4 Take delight in the LORD, and he will give you your heart's desires.

5 Commit everything you do to the LORD. Trust him, and he will help you.

6 He will make your innocence radiate like the dawn, and the justice of your cause will shine like the noonday sun.

7 Be still in the presence of the LORD, and wait patiently for him to act. Don't worry about evil people who prosper or fret about their wicked schemes.

8 Stop being angry!
Turn from your rage!
Do not lose your temper—
it only leads to harm.

PSALM 37:1-8