

# Verses for Reading Assignment

**Each day** for a month read the same (one or more) of the passages listed. Or feel free to substitute your own favorite verse, chapter or book of the Bible. The goal is just to read the same passage(s) every day for a month. You can memorize, meditate, write or just read, but try to do it every day. Put the verse(s) up somewhere you can see them, bookmark or write them down somewhere.

## Anger or Bitterness

**James 1:19-20** "Now everyone must be quick to hear, slow to speak, and slow to anger; 20 for a man's anger does not bring about the righteousness of God."

**Ephesians 4:31-32** "Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. 32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you." (NLT)

**Proverbs 15:1** "A gentle answer turns away wrath, but a harsh word stirs up anger."

**Proverbs 15:18** "A hot-tempered person stirs up strife, but the slow to anger calms a dispute."

**Hebrews 12:15** " See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many become defiled."

**Proverbs 29:11** "Fools give full vent to their rage, but the wise bring calm in the end."

**Psalms 141:3** "Set a guard over my mouth, Lord; keep watch over the door of my lips."

**Romans 12:21** "Do not be overcome by evil, but overcome evil with good."

**For further reading: James 4**