



Bring your anger before God, and be still

Cease from anger, and forsake wrath; do not fret – it only causes harm. (Psalm 37:8)

Psalm 4:4 says that when you are angry you should ***“meditate within your heart on your bed, and be still.”***

In other words, do not retaliate. Rather, take a moment to bring your anger before God. Allow Him to give you the perspective and the sensitivity to manage the discord righteously.

“Meditate within your heart on your bed, and be still.”

(David Jeremiah)