

# HOW TO RESPOND TO ANGER WITH GRACE

5 Christlike steps + Scripture to help you stay calm and kind.

1

## Pause Before Reacting

**When emotions are high, silence can be your strength.**

Practical Step: Count to ten while asking God for peace.

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

2

## Choose To Really Listen

**Practice listening without interrupting.**

Practical Step: Don't rush to defend yourself. Repeat back what they said to show you heard them.

James 1:19 – Everyone should be quick to listen, slow to speak and slow to become angry.

3

## Use Words That Heal, Not Hurt

**Use your words to heal, not to hurt. You can be honest and loving at the same time.**

Practical Step: Ask yourself: Will this help or hurt?

Ephesians 4:29 – Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up...”

4

## Cover It In Prayer

**Ask God to work in their hearts and yours.**

Practical Step: Say a quick prayer for the person—even if you're upset.

Matthew 5:44 – Love your enemies and pray for those who persecute you.

5

## Be A Peacemaker Not A Fighter

**You don't have to match their anger.**

Practical Step: Walk away quietly if the situation keeps escalating.

Romans 12:18 – If it is possible, as far as it depends on you, live at peace with everyone.