> Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.
> — *1 Corinthians 13:4-5*

Book: New Testament / 1 Corinthians
Topics: anger, love, patience, selfishness

Interpretation:
Love is one of the main themes of the Bible, especially the New Testament. God's love is unconditional love that offers us salvation through *His Son Jesus Christ*.

For Christians, love is an emotion that is part of their daily lives and is also one of the fruits of *the Holy Spirit* in our lives. The main passage for understanding Christian love is found in *1 Corinthians 13:4-5*. This passage describes love in terms of how it is shown and how it behaves in our relationships with others.

Love is patient

Love is able to endure any adversity. It does not give in at the first obstacle, but rather perseveres and remains steadfast. Love requires patience, forgiveness, and tolerance. It is easy to love when things are going well, but true love is the kind that endures even in difficult times. When we love, we must be willing to suffer.

Love is kindness

Love is kindness in action. Kindness means being kind and compassionate to others. Love must be kind in every detail of our lives; not just in words but also in kind behavior towards others. Kindness is an unmistakable sign of love.

Love knows no envy

Envy is a powerful force that makes us desire what others have. Love, on the other hand, always seeks the welfare of others and is not subject to envy or jealousy. Love rejoices in the success of others and seeks their happiness. Envy is an obstacle to sincere and selfless love.

Love does not boast, is not proud

Love does not seek glory or recognition for itself. It does not behave arrogantly or take pride in its achievements. Love is humble, accepts its limitations and is not selfish. That is, love is also a way of serving others.

Does nothing reprehensible

This means that true love does not involve evil, immoral or illegal actions. Love seeks to do what is right and not to harm others. Those who truly love others try to do good, not evil.

Does not seek their own

People who love do not seek their own interests, but the interests of others. True love is altruistic, meaning you give your all without expecting anything in return.

Does not get irritated

True love is not easily angered, and it does not allow itself to be carried away by anger. Love is patient and tolerant, it does not seek to hurt others, but seeks to understand and forgive the weaknesses of those around us.

It does not hold grudges

Love is a feeling that does not allow resentment to exist. True love does not hold a person accountable for past mistakes, but rather aims to reconcile and find solutions.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> “In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.
> *— Ephesians 4:26-27*

Book: New Testament / Ephesians
Topics: anger, devil, evil, sin

Interpretation:

Ephesians is the book of the church that speaks of the unity of the body of Christ and offers a theological framework for understanding the purpose and responsibility of the church. In chapter 4, *the apostle Paul* exhorts believers to live lives worthy of the calling to which they have been called.

In your anger do not sin

Anger is a natural emotion, but we must be careful not to let it turn into sin. When our anger is righteous and in line with God's will, it is not a sin to be angry.

Remember that even *Jesus* became angry several times when he saw injustice and oppression. So it is not a sin to be angry, but we must be careful not to sin in our anger. We must not allow our anger to lead us to violence, hatred, or sin.

Do not let the sun go down while you are still angry

In other words, we must resolve our differences before the end of the day. If we allow anger to build up and fester, we may begin to think and speak negative thoughts that are not true or constructive. To prevent feelings from building up, we must resolve our differences early and not allow anger to build up and become destructive.

What does it mean to "do not give the devil a foothold"?

The devil is synonymous with the dark and negative forces that separate us from the light and God. So this is a reminder to not allow these dark and negative forces into our lives. Impurity, anger, jealousy, resentment, and bitterness are just some of the ways these dark and negative forces can manifest in us. So we must protect ourselves from them at all costs and not give them any place or control in our lives.

How do we keep the devil out of our lives?

To keep the devil out of our lives, we need to be aware of our emotions and thoughts. We can start by asking ourselves why we feel the way we feel. If we find ourselves with negative emotions, we should stop and analyze the source of these emotions.

If we find that negative emotions arise from feelings of injustice or resentment, we should work to forgive and release these feelings. If negative emotions are caused by a mistake we made, we should correct it and work to prevent it from happening again.

It is also important to surround ourselves with positive and loving people. People often reflect the relationships and emotions they interact with. If we are surrounded by positive and loving people, we are more likely to start feeling the same. And if we are surrounded by negative and toxic people, we may drown in these negative emotions.

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> The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.
>
> — *Galatians 5:19-21*

Book: New Testament / Galatians
Topics: anger, body, idols, Kingdom, sexuality, sin

Interpretation:
In Galatians, the Apostle *Paul* lists actions that are considered works of the flesh and explicitly states that those who do such things will not inherit *the Kingdom of God*. It is important to distinguish between works of the flesh and sin. We all sin, but when we accept *Jesus as our Savior*, *the Holy Spirit* helps us overcome the temptation to sin. However, if we live by the works of the flesh, we cannot experience the blessings of God.

The acts of the flesh

Some of the works of the flesh mentioned in *Galatians 5:19-21* include adultery, fornication, impurity, and lust. Fornication involves having sexual relations outside of marriage, while adultery involves having sexual relations with someone other than your spouse. Impurity involves unclean thoughts, words, and actions, while lust is a strong sexual desire.

Idolatry and witchcraft are also mentioned, practices that involve worshiping false gods instead of the true God. Strife, contention, jealousy, anger, and dissension are attitudes that can cause great harm to any relationship. Dissension and heresy are divisions and lies that can weaken our faith.

Jealousy and murder are dangerous impulses that can cause physical and emotional harm to people, and drunkenness and orgies are forms of excess that can seriously affect our health. It is important to remember that these works of the flesh are contrary to the will of God. As we develop our relationship with God, His Spirit helps us to rid ourselves of them and live according to His will.

Therefore, in our lives we must strive to distance ourselves from these works of the flesh and strive to live in obedience to God. This includes, for example, giving up sexual immorality and pursuing purity and chastity, giving up idolatry in order to worship only the true God, and giving up anger and strife in order to seek peace and love.

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> See to it, brothers and sisters, that none of you has a sinful, unbelieving heart that turns away from the living God.
> *— Hebrews 3:12*

Book: New Testament / Hebrews
Topics: anger, evil, faith, heart, neighbor

Interpretation:
The book of Hebrews primarily deals with the believers' faith in *Jesus Christ*, explaining how to live out that faith, and how to live the Christian life in fellowship with God and brotherly love. Chapter 3 deals with the importance of having a strong and steadfast faith in God, despite any adversity that may arise.

A call to trust God

Hebrews 3:12 is a wake-up call for believers and a warning against falling into unbelief. The writer of Hebrews encourages us to focus on God, maintaining our trust in Him and not allowing our faith to weaken. This warns us of the importance of recognizing that our own unbelief can put us at risk of falling away from God.

The importance of maintaining a right heart

The evil, unbelieving heart mentioned in this verse is a warning against apostasy and abandonment. Unbelief can cause us to become separated from God and to break our relationship with Him. This would have devastating consequences for our Christian life and could cause us to lose the benefit of salvation.

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from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.
> *— James 1:19*

Book: New Testament / James
Topics: anger, listening, self-control, speaking

Interpretation:
The book of James is one of the most practical and applicable texts in the entire Bible. In it, the author gives us very useful advice for our daily lives, helping us to be better people and honor God in everything we do. In this sense, the verse we are discussing is especially important, as it speaks of the need to be patient and prudent in our words and actions.

Quick to listen

The first piece of advice this verse gives us is to be “quick to listen.” This means that we should be willing to listen to others and pay attention to what they say. In an increasingly polarized world, where we often limit ourselves to listening only to what already confirms our beliefs, this advice is more relevant than ever. We must learn to listen with empathy and be open to the ideas of others, even if we do not always agree with them.

Slow to speak

The second piece of advice this verse gives us is to be “slow to speak.” This means that we should think carefully before we speak, rather than just speaking for the sake of it. Often our words can hurt others, even if we don’t mean to. We should take the time to think about what we want to say and choose our words carefully. By doing so, we will show respect for others and avoid unnecessary conflict.

Slow to become angry

The third and final piece of advice this verse gives us is to be “Slow to become angry.” This means that we should control our emotions and avoid impulsive reactions to difficult situations. When we allow anger to get the better of us, we lose the ability to think clearly and may say or do things that we will later regret. Therefore, we must learn to control our anger and respond to conflicts calmly and peacefully.

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> ‘Return, faithless Israel,’ declares the Lord, ‘I will frown on you no longer, for I am faithful,’ declares the Lord, ‘I will not be angry forever.’
>
> *— Jeremiah 3:12*

Book: Old Testament / Jeremiah
Topics: anger, Forgiveness, grace, mercy

Interpretation:
Jeremiah 3:12 is a verse that teaches us about God's love and mercy for His people, even when they rebelled and disobeyed Him. In this verse, God sends a message to Israel, calling them to turn to Him and not fear His wrath, for He is merciful and will not remain angry forever.

The message of *Jeremiah 3:12* is a message of hope and forgiveness. God calls His people to return to Him, to abandon their rebellion, and to seek His love and grace. God will not punish Israel with the full weight of His wrath, but He is ready to forgive and restore their relationship with them.

This message is of great importance to us as believers *in Christ*. In everyday life, we often find ourselves in situations where we disobey God, showing rebellion and disobedience. However, this verse teaches us that God is always ready to forgive us and show us His love and mercy.

One of the most important lessons we can learn from *Jeremiah 3:12* is that we must be willing to repent and turn to God when we make mistakes. We often tend to justify our mistakes or think our sin is too great to be forgiven. However, this verse shows us that God is always ready to forgive us if we only repent of our sins and return to Him with a humble and obedient heart.

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> He went on: “What comes out of a person is what defiles them. For it is from within, out of a person’s heart, that evil thoughts come—sexual immorality,

> theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and defile a person.”
> — *Mark 7:20-23*

Book: New Testament / Mark
Topics: anger, evil, pride, purification, sin, temptation

Interpretation:
Mark 7:20-23 teaches us the importance of our thoughts and actions. These verses teach us that evil deeds do not come from outside ourselves, but originate in our hearts and minds. The Bible tells us that the heart is deceitful by nature and often leads us astray. Therefore, it is important to guard and protect our hearts so that we do not give in to evil thoughts and desires.

The nature of sin

In today’s culture, there is a tendency to blame a person’s bad actions on society, upbringing, or external factors. However, these verses remind us that negative actions actually originate within ourselves and our thoughts. This means that we are fully responsible for our actions, and we should strive to think positive and constructive thoughts.

These verses also talk about actions that can be caused by an evil heart. Adultery, fornication, murder, and other evil actions are mentioned. This shows us that if we do not guard our minds and hearts, we can fall into dark paths that lead us away from truth and goodness.

Transformation of the heart

But even if we are destined to sin, that does not mean we have to remain that way. *Jesus* came and died on the cross so that we could be forgiven of our sins and transformed into new creatures. He gives us the opportunity to have a new heart, pure and unstained by sin. This transformation of the heart is an ongoing process that requires our active participation.

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> Hatred stirs up conflict, but love covers over all wrongs.
> — *Proverbs 10:12*

Book: Old Testament / Proverbs
Topics: anger, evil, love

Interpretation:
The Book of Proverbs is a collection of wisdom applicable to everyday life. It is a valuable book for those who seek to learn from the experiences of the ancient sages and apply their teachings to their own lives.

Hatred breeds strife

Hatred is a negative emotion that occurs when we feel disgust toward another person. This feeling can provoke aggressive and violent reactions that lead to conflicts and quarrels. In *Proverbs 10:12*, we are taught that hatred stirs up strife. This means that when we hate someone, we form a negative attitude that will sooner or later lead to confrontation and disagreement.

Love covers all flaws

Love is a powerful force that allows us to overcome obstacles and forgive shortcomings. When we love someone, we are able to overlook their mistakes and see the best in them. In *Proverbs 10:12*, we are taught that love covers all sins. This means that when we love someone, we are able to forgive their shortcomings and move on without holding on to resentment or bitterness.

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> Fools show their annoyance at once, but the prudent overlook an insult.
> — *Proverbs 12:16*

Book: Old Testament / Proverbs
Topics: anger, self-control, wisdom

Interpretation:
In *Proverbs 12:16*, we find wise instruction about managing our emotions, particularly anger. This verse tells us about two types of people: foolish and prudent. A fool, according to God's Word, is someone who instantly expresses his anger in any situation, while a prudent person, on the contrary, ignores insults and, therefore, controls his emotional impulses.

Who are fools?

In the Bible, fools are those who act without thinking about the consequences of their actions and those who do not use wisdom in making decisions. In the context of this verse, fools are those who allow anger to guide their actions and words.

Anger, although a natural emotion, can push people to impulsive actions that they often regret later. Therefore, it is important to learn to control ourselves and not allow emotions to take over us.

Prudence is the key to controlling emotions

This verse also tells us about prudence as the key to controlling emotions. Prudence is the ability to think before acting or speaking. Wise people do not give in to anger, but think before acting and analyze the situation to make the best decision.

So prudence helps us control our emotions, think before acting, and prevents us from falling into the trap of anger. When we stop and reflect, we realize that anger is often not the best response to a situation and can look for other alternatives to solve the problem.

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> Where there is strife, there is pride, but wisdom is found in those who take advice.
> — *Proverbs 13:10*

Book: Old Testament / Proverbs
Topics: anger, wisdom

Interpretation:
The Book of Proverbs is one of the most practical and wise books in the Bible. In fact, its author, *King Solomon*, is considered one of the wisest men to ever live. Each verse in this book teaches us an important lesson for our daily lives and for achieving a deeper connection with God.

Pride brings strife

Proverbs 13:10 says that pride breeds strife. Pride is a feeling of excessive pride that makes us think that we are better than others and deserve more. Pride blinds us to our mistakes. Instead of admitting them, we try to blame others or make excuses for our behavior.

Arrogance can easily cause discord and conflict in relationships. This usually happens because arrogant people consider themselves superior to others and are unwilling to listen to their opinions. This can lead to an imbalance in the relationship, causing others to feel humiliated or neglected.

With the prudent is wisdom

This verse also says that wisdom is with the prudent. Prudence is the ability to act prudently and wisely, weighing the possible consequences of your actions. The prudent are those who make decisions after analyzing all the options and weighing the possible consequences.

So if we want to be wise, we need to learn prudence. We must be careful in our actions, think before we speak, listen to others, and have the humility to admit our mistakes.

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> Whoever is patient has great understanding, but one who is quick-tempered displays folly.
>
> *— Proverbs 14:29*

Book: Old Testament / Proverbs
Topics: anger, patience, understanding, wisdom

Interpretation:
Proverbs 14:29 introduces us to two types of people in terms of their character: those who are slow to anger and those who are impatient. The first type of person is described as having *“great understanding,”* meaning they display wisdom and emotional maturity by not giving in to anger or acting rashly.

The second type, on the other hand, is described as someone who *“shows their folly”* because of their impatience and inability to control their emotions.

Application to our lives

We can apply the meaning of this verse to our daily lives, especially in stressful or conflict-ridden situations where it is easy to lose patience and act impulsively. This verse also encourages us to reflect on the importance of having adequate control over our emotions in order to act wisely in difficult

situations.

If we take the time to meditate on this verse and put it into practice, we can greatly improve our interpersonal relationships. By being less impulsive, we will be better able to listen to others, understand their point of view, and find effective solutions to problems.

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

Book: Old Testament / Proverbs
Topics: anger, gentleness, speaking

Interpretation:
In the book of Proverbs, we find several teachings about how our words can affect others. This verse in particular talks about how our speech can affect the emotions of others.

A gentle response

According to the text, if we respond in a kind and gentle manner, we can calm someone's anger and prevent the situation from escalating. This means controlling our impulses and thinking about our actions before speaking, taking into account the feelings of the other person.

The power of a harsh word

On the other hand, if we speak harshly and aggressively, we can increase the anger and rage of the other person, which can lead to a conflict situation. It is important to remember that our words can have a significant impact on others, and we should be careful in the choice of words.

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> It is to one's honor to avoid strife, but every fool is quick to quarrel.

> — *Proverbs 20:3*

Book: Old Testament / Proverbs
Topics: anger, peace, speaking

Interpretation:
Proverbs 20:3 speaks of the importance of avoiding strife. Honor and wisdom consist in avoiding strife, but a fool engages in useless contention.

The idea behind this verse is that the best way to deal with conflict is to avoid it. Often, people engage in arguments and quarrels that serve no real purpose and only lead to pain and suffering.

The importance of respect for others

This verse also teaches us the importance of respect for others. If we are able to leave arguments and conflicts behind, it shows that we care about the feelings of others.

Our behavior should always be guided by love and respect for others. If we try to force our opinions or defend ourselves in an argument, we risk hurting others, and this is not what God desires for us.

The wisdom behind avoiding disagreements

The wisdom behind avoiding arguments has many practical applications in our daily lives. For example, when someone speaks to us angrily, it's best not to respond in kind.

Responding in kind only escalates the situation. Instead, it's better to listen to the other person and respond calmly and respectfully. This approach will help us maintain healthy relationships and avoid unnecessary conflict.

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

Book: Old Testament / Proverbs
Topics: anger, self-control, wisdom

Interpretation:
Proverbs 29:11 tells us about the importance of controlling our emotions and behavior. This verse shows us the difference between a wise person and a foolish person when it comes to dealing with anger.

A wise person is one who has self-control and knows how to calm down in conflict situations. Instead, a foolish person allows their emotions to take control, which can lead to inappropriate and harmful behavior.

This verse can be very helpful for those who have difficulty controlling their emotions during conflict. It teaches us that we cannot allow our emotional reactions to dictate our behavior. Instead, we must take control of our feelings and respond wisely to difficult situations. This verse also teaches us the importance of being patient and tolerant in conflict situations.

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> Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.
> *— Romans 12:19*

Book: New Testament / Romans
Topics: anger, judgment, punishment

Interpretation:
Revenge is a recurring theme in many cultures and throughout human history. In the Bible, revenge is something that God reserves for himself. This verse in *Romans 12:19* calls us not to seek revenge but to leave the punishment in God's hands. But what does this mean in practice?

Making room for God's wrath

When someone hurts or harms us, it is natural to feel the need to *"get even."* We may want to take revenge and even hurt the other person. But the Bible calls us to set aside that impulse and trust God to bring justice.

Making room for God's wrath does not mean that we should be passive in the face of evil. For example, if someone intentionally harms us, we can and should take action to protect ourselves or

others. But we should not seek revenge but trust that God will take care of the punishment.

Revenge and forgiveness

The call not to seek revenge is also related to forgiveness. When someone hurts or harms us, it can be very difficult to forgive. But forgiveness is an important part of moving forward and letting go of the pain and anger.

Revenge and forgiveness are linked because we often seek revenge because we believe that someone has wronged us and deserves to be punished. But when we learn to forgive, we stop seeking revenge and trust that God will take care of the punishment that is deserved.

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