

## ***VERSES ON CALMNESS***

**Psalms 37:7-9** 7 Be still before Yahweh and wait patiently for him. Fret not yourself over the one who prospers in his way, over the man who carries out evil devices! 8 Refrain from anger and forsake wrath! Fret not yourself. It tends only to evil. 9 For the evildoers shall be cut off, but those who wait for Yahweh shall inherit the land.

**Psalms 131** A Song of Ascents. Of David. 1 O Yahweh, my heart is not lifted up. My eyes are not raised too high. I do not occupy myself with things too great and too marvelous for me. 2 But I have calmed and quieted my soul, like a weaned child with its mother. Like a weaned child is my soul within me. 3 O Israel, hope in Yahweh from this time forth and forevermore.

**Proverbs 17:27** 27 Whoever restrains his words has knowledge, and he who has a cool spirit is a man of understanding.

**Proverbs 15:18** 18 A hot-tempered man stirs up strife, but he who is slow to anger quiets contention.

**Proverbs 14:17** 17 A man of quick temper acts foolishly....

**Proverbs 16:32** 32 Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

**Proverbs 17:27** 27 Whoever restrains his words has knowledge, and he who has a cool spirit is a man of understanding.

**Proverbs 19:19** 19 A man of great wrath will pay the penalty, for if you deliver him, you will only have to do it again.

**Proverbs 25:28** 28 A man without self-control is like a city broken into and left without walls.

**Ecclesiastes 7:8-9** 8 ...The patient in spirit is better than the proud in spirit. 9 Be not quick in your spirit to become angry, for anger lodges in the heart of fools.

**Ecclesiastes 10:4** 4 If the anger of the ruler rises against you, do not leave your place, for calmness will lay great offences to rest.

**Ephesians 4:31** 31 Let all bitterness, wrath, anger, clamour, and slander be put away from you, along with all malice.

**Philippians 4:7** 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Messiah Jesus.