



CEASE FROM ANGER

By Anna Culp

The scriptures tell us to “cease from anger” (Psalm 37:8). *Cease* means to stop doing something. When we love and forgive others, we can have “love, joy, peace, . . . gentleness, goodness, [and] faith” (Galatians 5:22–23). Take this quiz to find out how patient and forgiving you are.

1. Your sister wears your shirt without asking.

You—

- a. get even by wearing her sweater without asking.
- b. yell at her to give your shirt back.
- c. explain why you appreciate it when she asks you before borrowing.



2. Your younger brother keeps poking your arm to show you something while you are doing your homework. You—

- a. tell him to go away.
- b. ask him please not to poke you, and take a few minutes to give him your attention.
- c. poke his arm back until he leaves.

3. You bump into a classmate, and he yells at you.

You—

- a. say you are sorry for the accident.
- b. yell back so no one will think you are scared.
- c. make a mean face.

4. After a hard day at school, you have chores and homework to do. You—

- a. ignore your work and play instead.
- b. complain to your parents until there's not enough time to finish everything.
- c. sing a song while you work to stay cheerful.

5. A girl in your class makes fun of you. You—

- a. reply with a rude comment.
- b. find a way to do something nice for her.
- c. think of ways to get back at her.

6. Your friend told a lie about you and later asks for forgiveness. You—

- a. forgive your friend.
- b. ignore your friend for a few weeks, but eventually forget about it.
- c. tell your friend you will never forgive him or her.

Check your answers below, along with an explanation from the scriptures.

1. c: Be “not easily provoked” (1 Corinthians 13:5).
2. b: “Let thine heart be softened” (D&C 121:4).
3. a: “A soft answer turneth away wrath” (Proverbs 15:1).
4. c: “Let us cheerfully do all things” (D&C 123:17).
5. b: “Love ye your enemies” (Luke 6:35).
6. a: “Even as Christ forgave you, so also do ye” (Colossians 3:13).

