



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—



- get even by wearing her sweater without asking.
- yell at her to give your shirt back.
- 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—

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

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

You—

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

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

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

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

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

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

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

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

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

