

Proverbs 16:32

Mishlei 16:32 He who controls his temper is better than a war hero, he who rules his spirit better than he who captures a city. Complete Jewish Bible

Devotional

The one who is slow to anger is esteemed greater than a war hero. A war hero must overcome an army, but the person who holds his temper must overcome powerful emotions and urges from within. The war hero has the easier job than the one who can remain peaceful amid conflict. The key is self-control. The word translated \"controls\" means to \"rule\" and \"exercise control over,\" just as Shlomo (Soloman) ruled over his kingdom. According to Rashi, the one \"who rules his spirit\" is the one who conquers the yetzer hara, the evil inclination. Complete Jewish Bible Footnotes