FIGHTING ANGER

WORKSHEET

Inner vs. Outer Man

1. WHAT EMOTIONS ARE YOU INWARDLY FEELING (BITTERNESS, ENVY, WRATH, INTERNAL THOUGHTS, BAD WORDS, RAGE, DISTORTING FACTS, EVIL PASSIONS, HATRED FOR OBEDIENCE, ETC.)? READ JAMES 1:19-20, EPH. 4:26-27, AND MT. 5:21-22; 38-40.

2. CONFESS YOUR INNER ANGER TO GOD (PS. 32:5)

3. HAVE THE EMOTIONS MANIFESTED OUTWARDLY TOWARD ANYONE?

4. DO YOU NEED TO CONFESS YOUR OUTWARD ANGER TOWARD ANYONE?

5. HOW HAVE YOU OFFENDED GOD IN YOUR ANGER?

View Of Self

1. DOES HURTING ANOTHER PERSON IN WORDS, DEEDS, OR THOUGHTS HELP OR HURT YOUR RELATIONSHIP WITH GOD?

2. HOW IS GOD GROWING YOU THROUGH THIS DIFFICULT SITUATION, TRIAL, OR RELATIONSHIP (JAMES 1:1-5)?

3. WHO IS RESPONSIBLE FOR THE OUTWARD MANIFESTATION OF ANGER (JAMES 1:14-20)?

STRATEGIES

Fighting Anger

SCRIPTURE MEMORY

Emotion	Bible Verse to Fight Emotion:

STRATEGIES

Fighting Anger

PUT ON NEW SELF - PRAY TO FORGIVE THE PERSON AND LOOK AT THE FRUITS OF THE SPIRIT TO ACT IN GODLY BEHAVIOR SO THAT YOU STOP OUTWARDLY MANIFESTING ANGER. READ GAL. 5:19-24 AND JOURNAL BELOW ABOUT THE DEEDS OF FLESH YOU ARE FEELING AND PRAY TO HAVE NEW EMOTIONS FROM THE FRUIT OF THE SPIRIT THAT YOU NEED TO MANIFEST OUTWARDLY TOWARDS YOUR RELATIONSHIPS.

Old Emotion (Deeds of the Flesh)	New Emotion (Fruits of the Spirit)

STRATEGIES

Fighting Anger

PRAY FOR TRUST IN GOD

Write a Psalm, a song, about how you will purpose in your heart to trust in God and channel your emotions through his will. Be creative and use David in the Bible as an example to express the exact emotions you are feeling. David's Psalms were transparent, authentic, real, and proclaimed God as the ultimate source of help.