



ANGER - DEVOTIONAL WORKSHEET

NAME:

Theme: **ANGER**

Date:

Weekly Verse Memory:

James 1:19-20 - Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.

DAY 1 – PASSAGE: PROVERBS 14:17, 29; PROVERBS 15:1, 18; PROVERBS 22:24-25

List the Scripture reference to the truth that stood out to you in your reading?

What truth did you learn in today's reading about Anger?

How does anger impact those around you?

What are some reasons people use to justify their anger?

Why do you think angry people get others to do what they want?

What are two areas in your life where you find yourself sinfully angry? And Why?

1. –

Why?

2. –

Why?

List one way this truth about anger impacts your personal struggle with anger?
(Reminder: How does this truth instruct my heart which influences my behavior?)

DAY 2 – PASSAGE: JAMES 1

Describe why the anger of man could never achieve the righteousness God desires? (James 1:20)

How does the instruction in these verses about being quick to hear and slow to speak stop sinful anger before it happens?

Describe how you believe praying for wisdom could help a person with the temptation to become sinfully angry?

What is the connection between angry behavior and my heart? (James 1:26)

DAY 3 – PASSAGE: EPHESIANS 4

List the Scripture reference to the truth that stood out to you in your reading?

What does this passage describe the goal of the Christian life?

How does having this goal influence a person's desire to put off old desires and put on new desires?

Describe how a person can put off sinful anger according to Ephesians 4:22-24.

How can a person who struggles with anger know they have truly changed from being an angry person?

DAY 4 – PASSAGE: PROVERBS 25:28; PROVERBS 29:22; PROVERBS 30:33; GALATIANS 5:19-25;

List the Scripture reference to the truth that stood out to you in your reading?

How can a person apply these passages to a person who struggles with anger?

List one way this truth should impact your life today?

(Reminder: How does this truth instruct my heart which influences my behavior?)

What is one way you will seek to obey the truth you learned today to Glorify God?

(Reminder: What you do is a result of what's in your heart! - Proverbs 4:23; Luke 6:43-45)

DAY 5 – PASSAGE: GENESIS 4

List the Scripture reference to the truth that stood out to you in your reading?

Read the story of Cain and Abel and describe what you believe went wrong?

What was God's focus when he began dealing with Cain?

What types of situations tempt you to get angry because you don't get your way?

Why are the questions God asked Cain in Genesis 4:5-7 important for Cain to contemplate?

What did Cain desire to have so badly he was willing to Sin to get it? How do sinful desires affect our behavior?

(Cross Reference: James 4:1-4)

What is one way you will seek to obey the truth you learned today to Glorify God?

(Reminder: What you do is a result of what's in your heart! - Proverbs 4:23; Luke 6:43-45)