

Date: \_\_\_\_\_

## Anger Journal

### Memory Verses

Ecclesiastes 7:9 (AMP): Do not be quick in spirit to be angry or vexed, for anger and vexation lodge in the bosom of fools

Proverbs 15:18 (NAS): A hot-tempered man stirs up strife, but the slow to anger calms a dispute.

James 1:19-20 (NAS): This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger; for the anger of man does not achieve the righteousness of God.

How often have you today reviewed these verses and prayed for God's help with your anger?.

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When were you tempted to become angry?

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Did you become angry? Why or why not? If you became angry what was your false thinking/heart motives for getting angry?

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If you became angry what should you have done?

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If you became angry (inwardly or outwardly) confess/repent your sin to God. What things do you need to do in order to make things right with the person you became angry with? Is there anyone else your anger impacts that you need to go to? Is there any anger or bitterness still in your heart?

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Prayer:

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