

Anger Management

Monday, 11/17/08 – Read Ephesians 4:25--5:5

My Observations: _____

A Question to Answer: Ephesians 4:1 begs us to "lead a life worthy" of God's call, a life worthy of all that God has done for us in Christ. A life worthy is both spiritual and behavioral. Today's reading is a listing of behavioral instructions which help describe a life lived in response to God. ... As you read through the list again, notice those instructions that grab your attention. Which ones do you think are most important? Pick one that you'd like to work on this week? (Don't forget to write it down.)

Tuesday, 11/18/08 – Read Ephesians 4:26-27

My Observations: _____

A Question to Answer: Some people think that anger itself is a sin. But today's short reading is clear: anger itself is not sinful. But sometimes we get in trouble because of the choices we make in response to anger -- or the actions we take. But the anger itself is simply an emotional response that's neither good or bad. ... Notice the instruction: "do not let the sun go down on your anger." Sometimes we intentionally prolong our anger. Maybe we feel we've been wronged, and we don't want to let the other person off the hook too soon. In this instance, it's not the anger itself that's the problem but nursing it along, prolonging it. ... Is there anger in your life that you have been prolonging?

Wednesday, 11/19/08 – Read Mark 3:1-6

My Observations: _____

A Question to Answer: Anger itself is not a sin. Jesus got angry too. In today's reading Jesus feels anger and is grieved "at their hardness of heart." ... Where in life do you see "hardness of heart" today? Does it grieve you? Does it make you angry? ... Anger can be a powerful motivation to do good when it is focused correctly. What good thing is your anger driving you to do?

Thursday, 11/20/08 – Read Colossians 3:7-11

My Observations: _____

A Question to Answer: God is calling us to a transformed life which can feel like becoming a new person. Are you willing for God to work this transformation in you? That's really where it begins -- in our becoming willing for God to make us into new persons -- day by day, little bit by little bit. In your prayer today, talk to God about the state of your own willingness.

Friday, 11/21/08 – Read Proverbs 15:16, 19:11, 22:8-11, 22:24.

My Observations: _____

A Question to Answer: The ancient Hebrews collected proverbs, bits and pieces of wisdom that were preserved as wise sayings. Read through these proverbs. What do they say about anger?

Do you think they're true? Which one is most challenging for you right now?

Saturday, 11/22/08 – Read Matthew 5:21-26

My Observations: _____

A Question to Answer: Read through today's teaching carefully. Jesus is not saying that anger is necessarily bad or sinful -- but that it's dangerous. It can deepen the separation in our relationships. ... Ponder Jesus' suggestion: that our relationship with God should lead us to reconciliation with our sisters and brothers. Is that your experience? Does your religious practice lead you to reconciliation with other people? Make some notes for yourself.

**Sunday, 11/23/08 – Read Ephesians 4:31-32 and
Philippians 4:8-9**

My Observations: _____

A Question to Answer: Sometimes we overcome anger by replacing it with a positive response to others. We can choose to respond with kindness instead of "wrangling," for example. Overcoming our anger does require some mental discipline -- re-focusing our thoughts and our attention. What are the attitudes that the Philippians reading suggests we focus our minds on? Do you think it would help you manage your anger if you focused your mind in these ways?

My Faith Journal, November 16, 2008
Becoming Grownups #9
Anger Management

What do I want to remember out of today's message?

What action do I intend to take as a result of today's message?

Each day this week, take a few minutes. Begin with PRAYER. Then READ through the Bible passage indicated on the inside of this guide. WRITE down your own thoughts, reactions, observations. ANSWER THE QUESTION to begin connecting the Bible with your life experience. Use additional paper or your own notebook if you need more space to write.

