

ANGER WORKSHEET

Overcoming anger is a combination of knowing what God says about anger so you will think biblically about it and then putting that into practice. Look at each of the following passages that deal with anger. Write what God is teaching you about anger and how you can use that verse to help you overcome your anger.

Genesis 4:6-7

Psalm 37:8

Proverbs 14:17

Proverbs 16:32

Galatians 5:16-21

Ephesians 4:26-27, 31

Colossians 3:8

James 1:19-21

Steps to Overcoming Anger

1. Confess that your anger is sin and ask God's forgiveness.
2. Ask God's help in overcoming anger. The tools you need are found in being under the control of the Holy Spirit. (See Galatians 5:22-24.)
3. Learn Scripture that deals with anger.
4. When you feel yourself becoming angry, step away from the situation, ask God's help to calm you down, and use the Scripture you have memorized to fight off the temptation.