



HIS House: Kitchen Week 45: Anger

Monday

1) What do you learn from the verses below about anger?

Proverbs 15:18

Ecclesiastes 7:9

Matthew 5:22-24

Tuesday

2) Read Galatians 5:13-26, what truths and guidelines do you find in these passages that help fight against growing angry?

Wednesday

3) When is anger justified?

John 2:13-17

Mark 3:4-5

Thursday

4) What three things can you do to better control your anger in a way that pleases God?

Colossians 3:8-10, 12-15

2 Thessalonians 3:16

Friday

5) Write down 2-3 steps to implement the things you learned this week. Ask yourself what action God is leading you to take.
What things do you need to start / stop doing?

6) Write a personal prayer as you talk to God, asking for His help to apply the lesson you have just studied.