



INSIDE OUT.

ANGER

INSIDE OUT REFLECTION AND RESOURCES

WEEK 2: ANGER

Scripture:

“Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires.”

JAMES 1: 19-20

Reflection:

- Where in your life do you find yourself angry or frustrated most often?
- Do you think this is righteous or unrighteous anger?
- What do you think God wants you to learn about how you handle your anger?
- How do you need God to help you with your anger?

Prayer:

Spend some time in silent prayer with God. You can use the PRAY acronym below to guide you.

- **P: Praise** - Spend some time thanking God for who He is in your life.
- **R: Real life** - Spend some time engaging God about your real needs and concerns.
- **A: Ask** - Ask for God’s provision, love, and power to be made known to people in your life.
- **Y: Your will** - Spend some time being silent and listening for God’s direction.

“Father, help me to trust Your goodness in my life even when others hurt or frustrate me. Help me not to react in anger to things I cannot control and to be gracious to myself and others. Remind me of the cost You paid to forgive my sins so I can in turn, forgive others. Amen.”

Resources for Conversation and Further Study:

- [For Family discussion and prayer](#)
- [A 40-day devotional on resiliency](#)



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BOOKS, ARTICLES, AND ADDITIONAL RESOURCES ON ANGER:

- [Anger](#), Gary Chapman
- [Good and Angry](#), David Powlison
- [10 Biblical Truths to Overcome Sinful Anger](#) - Topical Studies (biblestudytools.com)
- [Managing Your Anger](#), Neil Anderson and Rich Miller
- [Total Forgiveness Workshop](#)- October 8 and 9 with Dr. Carla Ross @ the Hope Raleigh Campus

MENTAL AND EMOTIONAL HEALTH RESOURCES

Right Now Media Video Resources:

- [Free membership from Hope](#)
 - Mental Health, Dr. Jeff Baker
 - Facing and Overcoming Anxiety, Jonathan Pokluda
 - Changes that Heal, Henry Cloud
 - Free of Me, Sharon Miller
 - Steps to Freedom in Christ, Neil Anderson