

ANGER JOURNAL

1. What are the circumstances that led to my becoming angry?
(What happened that provoked me to anger?)

MOM SAID "NO" WHEN I ASKED HER IF SHE WOULD BUY A FRISBEE THAT WAS ON SALE AT WALMART. SHE SAID THE LAST TIME SHE BOUGHT ME ONE I USED IT TO THROW AT MY LITTLE BROTHER WHEN I GET MAD AT HIM.

2. What did I say/do when I became angry?
(How did I respond to the circumstances?)

I RAISED MY VOICE AND SAID, "THAT'S NOT FAIR, YOU NEVER BUY ME ANYTHING. DADDY WOULD HAVE BOUGHT IT FOR ME". I THEN RAN OUT TO THE CAR AND LET HER CARRY THE PACKAGES FOR HERSELF.

FOR AWHILE
THEY MAY NEED HELP WITH 3+4.

3. What is the biblical evaluation of what I said/did when I became angry?
(How does the Bible classify what I said/did when I became angry?)

IT WAS NOT A SOFT ANSWER - PROVERBS 15:1
IT WAS ARGUMENTATIVE - 1 TIMOTHY 2:24
MURMURING + COMPLAINING - PHILLIPPIANS 2:14
I FALSLEY ACCUSED HER - EPHESIANS 4:25
IT WAS DISRESPECTFUL - EPHESIANS 6:1-3
IT WAS VINDICTIVE - ROMANS 12:17-21
IT WAS MALICIOUS - EPHESIANS 4:31
IT WAS UNLOUING, UNKIND, W/ BAD MANNERS - 1 COR 13:

4. What should I have said/done when I became angry?
(How could I have responded biblically when I became angry?)

- I COULD HAVE SAID, "YES MOM".
- MOM I DONT BLAME YOU FOR NOT TRUSTING ME, I'M GOING TO WORK EXTRA HARD AT GETTING YOU TO TRUST ME.
- OFFERED TO CARRY THE PACKAGES TO THE CAR TO SHOW REPENTANCE.

THIS MUST
BE TAUGHT
EPHESIANS 6:4