

Facing the Fire Within!

Dealing with Anger: A Five-Day Bible Study

Day 1: “Is Being Angry a Sin?”

Memory Verse

James 1:19–20

“Be quick to listen, slow to speak and slow to become angry, for man’s anger does not bring about the righteousness that God desires.”

Lesson

Anger often catches us off guard—not because it suddenly appears, but because we haven’t taken time to examine what’s going on inside. Starting an “Anger Journal” helps us reflect, recognize patterns, and make space for the Holy Spirit to lead instead of our emotions.

James teaches that being slow to anger begins with being quick to listen and slow to speak. God doesn’t say, “*Never feel angry*,” but He does say, “*Handle it wisely*.” Journaling helps bring hidden emotions to the surface, prompting us to confess them, surrender them to God, and ask for His strength to respond differently next time.

You can’t change what you won’t acknowledge—so look in the mirror, not to shame yourself, but to let God start the transformation.

Think About This ...

- *What usually triggers your anger?*
- *Do you bottle it up or blow up?*
- *What’s the difference between righteous and selfish anger?*
- *How did Jesus handle His anger differently from you?*

Key Scriptures to Ponder

Proverbs 16:32

“Better a patient person than a warrior, one with self-control than one who takes a city.”

(True strength is shown in self-control, not outbursts.)

Psalm 139:23–24

“Search me, God, and know my heart... See if there is any offensive way in me, and lead me in the way everlasting.”

(Let God show you what’s *really* going on inside.)

Ephesians 4:26–27

“In your anger do not sin... do not give the devil a foothold.”

(Wrong actions have dire consequences. Don't give Satan a foothold on your life!)

Questions to Ask Yourself

- *What situation today (or recently) made me angry, and why did it affect me so strongly?* (Identifying the “why” is key to understanding our reactions.)
- *How did I respond—and would I want someone to respond to me the same way?* (This brings accountability and empathy into play.)
- *What do my angry reactions say about what I value or expect?* (Sometimes anger reveals pride, unmet expectations, or selfish desires. Am I dealing with these?)
- *What would it look like to invite God into those moments next time?* (This question shifts the focus to growth and dependence on the Holy Spirit.)

Remember, unchecked anger creates openings for more sin and regret.

Anger Journal Activity

Start your Anger Journal today. Journal about any moments of anger you experience over the next four weeks at a minimum. Also, write down any situation you can identify that triggered anger. Include:

- What made you angry?
- How you responded?
- What you wish you had done differently.

Reflection Verse: James 1:19–20

“Be quick to listen, slow to speak...”

Why It Matters

Recognizing the source and pattern of your anger is key to changing how you respond.

Stay Bold!