

Facing the Fire Within!

Dealing with Anger: A Five-Day Bible Study

Day 3: “Anger Radar”—Trigger Tracker

Memory Verse

Ephesians 4:26

“Be angry and do not sin; do not let the sun go down on your anger.”

Lesson

Anger itself isn't always wrong—it's a God-given emotion. But what we do with it matters. Many people explode or shut down without ever asking themselves why they're angry. The Bible warns that anger can lead to sin if left unchecked or if acted on selfishly.

That's why it's essential to identify your triggers—the moments or situations that consistently push your buttons. Recognizing them in advance allows you to choose a wise and Spirit-led response instead of an impulsive one.

Jesus never sinned in His anger because His motives were always righteous. For us, it begins by learning to slow down and ask: *“What's really going on in my heart?”*

Key Scriptures to Ponder

Proverbs 14:29

“Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly.” (Am I reacting quickly—or wisely?)

James 4:1–2

“What causes fights and quarrels among you? Don't they come from your desires that battle within you?” (What do I really want when I get angry?)

Colossians 3:8

“But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth.” (What sinful patterns do I need to put away when I feel triggered?)

Think About This ...

- *Thinking specifically about the last couple of days and recent times, what are the top three situations or people that consistently trigger anger in me? Why?* (Knowing this will help with self-awareness and heart diagnosis.)
- *What emotion is hiding underneath my anger—fear, hurt, jealousy, or something else?* (Anger is often a mask for deeper struggles.)
- *How could I respond differently if I paused and prayed instead of reacting immediately?* (This builds a plan for wise, Spirit-filled responses.)
- *What specific “fruit of the Spirit” do I need God to grow in me to handle these triggers?* (See Galatians 5:22–23: Patience? Gentleness? Self-control?)

Action Challenge Activity

(Keep journaling about any instances in which you experience anger today. See Monday’s activity for reminders about what questions to ask and answer in your journal entries.)

Make a list of your top three anger triggers. For each, answer the following:

- What emotion do I feel (embarrassment, frustration, disrespect)?
- What would a wise response look like?

Reflection Verse: Ephesians 4:26

“Be angry and do not sin...”

Why It Matters

Identifying triggers helps you prepare in advance to respond wisely to issues instead of acting on impulse.

Stay Bold!