

# Facing the Fire Within!

## *Dealing with Anger: A Five-Day Bible Study*

### Day 5: “Fess Up & Forgive”—Prayer & Apology Time

#### Memory Verse

**1 John 1:9**

*“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”*

#### Lesson

Anger becomes especially dangerous when it breaks relationships, and we pretend nothing happened. The Bible never tells us to just “move on” without first making it right. God’s way is better: confess your sin, seek forgiveness, and restore peace.

It takes humility and courage to say, “I was wrong,” but confession is a sign of strength—not weakness. When we take responsibility, we reflect the Gospel: we were forgiven much, so we should be quick to admit when we’ve messed up and seek forgiveness from others.

This isn't about guilt-tripping yourself—it's about living in the freedom and honesty that Jesus calls us to walk in. And yes, it might be awkward, but obedience often is.

#### Key Scriptures to Ponder

**Matthew 5:23–24**

*“First be reconciled to your brother, and then come and offer your gift.”* (God cares deeply about restored relationships.)

**James 5:16**

*“Therefore confess your sins to one another and pray for one another, that you may be healed.”* (Confession is not just spiritual—it's healing.)

**Proverbs 28:13**

*“Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.”* (Mercy is waiting for those who are honest.)

## Think About This ...

- *Have I hurt someone recently (or in the past) with my words, actions, or attitude?* (Be specific—God already knows. This is for your heart.)
- *What's stopping me from apologizing—pride, fear, shame, or stubbornness?* (Identifying obstacles helps remove them.)
- *How have I seen healing or peace come from past times I confessed and made things right?* (Reflecting on positive outcomes builds courage to do it again.)
- *What step can I take today to make things right—with another person and with God?* (Big or small, obedience is always worth it.)

## 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.)

Think of someone you've hurt with anger (this week or in the past).

- Pray for forgiveness and strength.
- Text or talk to the person if possible and apologize.

## Life Motto

"When you mess up, fess up, so you can move on!"

## Why It Matters

- Humility, confession, and reconciliation are signs of spiritual maturity and obedience to Christ.
- Recognition is a huge first step. Learn to recognize what is causing the anger so that as you move forward, you'll be able to react differently in similar circumstances.

Stay Bold!