



Tuesday, July 21st

Day 1: Quick to Hear, Slow to Anger

Reading: James 1:19-27

Devotional: God's blueprint for our lives stands in stark contrast to our natural tendencies. While our flesh rushes to speak and quick to anger, the Spirit calls us to be swift to hear and slow to wrath. This isn't about suppression—it's about transformation. The anger of man does not produce the righteousness God desires in us. As beloved children rescued from darkness, we're called to a different pattern of living. Today, ask the Holy Spirit to reveal areas where you've been quick to react rather than respond. Remember, you're not just any ordinary person—you're a child of God, equipped by His grace to reflect His character. The same power that raised Christ from the dead lives in you, making transformation possible.

Wednesday, July 22nd

Day 2: The Cross and Our Anger

Reading: 1 Peter 2:21-25; Ephesians 4:25-32

Devotional: When anger rises within us, we must turn our eyes to Calvary. Jesus—the innocent Son of God—endured false accusations, mockery, beatings, and rejection without retaliating or threatening. He entrusted Himself to the Father, even as He bore what we deserved so we could receive what we didn't. This is the gospel's power over anger: we who have been forgiven much are called to forgive much. Our anger often reveals we've forgotten the depth of our own forgiveness. When someone wrongs you, remember the cross. God didn't sweep your sin under the rug—He placed it on Jesus. Now He calls you to extend that same radical grace to others, not in your strength, but through His Spirit dwelling within you.

Thursday, July 23rd

Day 3: What's Really Underneath?

Reading: James 4:1-10

Devotional: The conflict around us often reflects the conflict within us. Our anger typically reveals that something has become more important to us than trusting God—whether it's control, comfort, respect, or being proven right. When a good desire becomes a controlling demand, anger follows. This is ultimately a worship issue. What are you bowing down to when anger erupts? The gospel confronts our idolatry with truth: Christ is sufficient. You don't need that person's approval, that outcome, or that vindication to be complete—you have Jesus. Today, examine your anger honestly. What desire lies beneath it? Bring that to God in humility. His grace is sufficient to transform not just your behavior, but your very heart. Draw near to Him, and He will draw near to you.

Friday, July 24th

Day 4: Replacing Anger with Love

Reading: 1 Corinthians 13:4-7; Romans 12:9-21

Devotional: The Christian life isn't merely about removing sinful patterns—it's about replacing them with Christ-like character. God calls us to replace anger with love, actively pursuing the good of those who've wronged us. This seems impossible, and in our strength, it is. But remember: you have the Holy Spirit dwelling within you. Love is patient and kind; it keeps no record of wrongs. When someone offends you, you have a choice: will you rehearse their offense or rehearse the gospel? The enemy will gladly provide voices to justify your anger, but God's Word calls you higher. Vengeance belongs to the Lord alone. Your responsibility is to love, pray for, and bless even those who've hurt you. This supernatural response testifies to the transforming power of the gospel in your life.

Saturday, July 25th

Day 5: Killing Anger Before It Kills You

Reading: Proverbs 3:5-8; Matthew 7:1-5

Devotional: Unresolved anger is not harmless—it's like holding a burning coal hoping someone else gets burned. When you refuse to deal with anger, you give the enemy a foothold in your life. It steals your joy, peace, fellowship with God, and healthy relationships. The goal isn't to control anger but to kill it through the power of God's truth. Start by examining your own heart before focusing on others' faults. Confess your struggle to a trusted friend who can pray with you. Trust God's sovereignty—He will handle justice in His perfect timing and way. Most importantly, saturate your mind with gospel truth. Let the reality of Christ's forgiveness, His example, and His indwelling Spirit transform you from the inside out. By His grace, you can walk in freedom from anger's destructive power.