

## **Day 1: Understanding Anger**

*Scripture:* Matthew 5:21-22

*Reflection:* Jesus expands the commandment "You shall not murder" to include anger in our hearts. Reflect on how anger can be as destructive as physical violence. Consider how Jesus calls us to a higher standard of righteousness that begins in our hearts.

*Prayer:* Ask God to reveal any hidden anger in your heart and to help you understand its root causes. Pray for the wisdom to address these issues with grace and humility.

*Action:* Journal about a recent experience where you felt angry. What triggered your anger, and how did you respond? What could you have done differently?

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## **Day 2: Guarding Your Heart**

*Scripture:* Proverbs 4:23

*Reflection:* Our hearts are like soil, ready to grow whatever seeds are planted in them. Reflect on the importance of guarding your heart against negative influences and thoughts that can lead to anger and sin.

*Prayer:* Pray for the strength and discernment to guard your heart against harmful influences. Ask God to help you cultivate a heart that reflects His love and peace.

*Action:* Identify one negative influence in your life (e.g., media, relationships, habits) and take a step to reduce or eliminate it this week.

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## **Day 3: Identifying the Root of Anger**

*Scripture:* James 4:1-2

*Reflection:* Anger often stems from unmet desires and expectations. Reflect on how these unmet desires can lead to conflict and sin if not addressed properly.

*Prayer:* Ask God to help you identify the true desires and expectations that lead to your anger. Pray for the grace to align your desires with His will.

*Action:* When you feel anger rising, pause and ask yourself, "What is it that I want that I'm not getting?" Reflect on whether your reaction is worth it.

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## **Day 4: Practicing Forgiveness**

*Scripture:* Matthew 18:21-35

*Reflection:* Forgiveness is not about forgetting the wrongs done to us but about canceling the debt and releasing the hold it has on us. Reflect on how forgiveness can free you from the control of anger and bitterness.

*Prayer:* Pray for the strength to forgive those who have wronged you, just as God has forgiven you. Ask for the ability to release any debts you hold against others.

*Action:* Identify someone you need to forgive. Write a letter (you don't have to send it) expressing your forgiveness and releasing the debt they owe you.

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## **Day 5: Living in Freedom**

*Scripture:* Galatians 5:1

*Reflection:* Christ has set us free from the bondage of sin and anger. Reflect on what it means to live in the freedom that Christ offers, free from the control of anger and bitterness.

*Prayer:* Thank God for the freedom He has given you through Christ. Pray for the courage to live out this freedom daily, choosing forgiveness and peace over anger.

*Action:* Practice "spiritual breathing" today. As you go about your day, consciously breathe out any anger or sin and breathe in God's grace and forgiveness.