

## ANGER WORKSHEET

1. List the following verses and together determine how NOT to handle anger:

Proverbs 29:11, 20; 26:21; 15:1; 17:14  
Matthew 5:21, 22  
Romans 12:17, 19  
I Corinthians 13:5  
Ephesians 4:26-27  
Colossians 3:8  
Philippians 4:8  
I Peter 3:9

2. List the following verses together and determine how to handle anger:

Psalms 37:1-11  
Proverbs 14:29; 15:1, 28; 16:32; 19:11; 29:11  
Matthew 5:43-44, 5:1-12  
Romans 12:19-21  
I Corinthians 10:13; 6:19-20  
Ephesians 4:26; 4:29, 32; 5:20  
James 4:6

3. Each of you study Matthew 5:1-12, Galatians 5:22-23 and II Peter 1:5-8. List the qualities mentioned in these passages and put a check mark beside the ones you think are most missing in your life. Ask your mate to evaluate your self-analysis.
4. In light of James 1:2-5 list some benefits which your problems or irritations may bring to your life (helping you to develop the qualities of the above passages).
5. List the last three times you had a problem with anger toward your mate. Share this list with your mate (seek your mate's forgiveness if necessary) and discuss how you can help each other deal with the wrong use of anger.