Overcoming Sinful Anger

INTRODUCTION AND EXPLANATION:
1. Read through the following Proverbs carefully. As you study them, seek to answer as many of the following six questions as you can on a separate sheet of paper. (You will not find the answer to every questions in each individual verse but each question will be answered somewhere in the whole of these verses.)
   a. What are these verses indicating about the circumstances in which we are most likely to become angry?
   b. What are the causes of our anger?
   c. What is lacking in our lives when we become angry?
   d. What about how anger may manifest itself?
   e. What about the consequences of anger?
   f. What about the solution to our anger problems?

2. Review these verses daily and select 10 of the verse that are most applicable to you. Work on memorizing at least 5 of them.

3. Keep a daily journal of times when you were tempted to become angry in the manner described in the verses you selected. In your journal seek to answer as many of the following six questions as you can.
   a. What are the circumstances in which I am being tempted to be angry?
   b. What is the real cause of my anger?
   c. What is lacking in my life at this time when I am being tempted to be angry?
   d. How am I being tempted to or how did I manifest my anger?
   e. What will be or are the consequences of my anger?
   f. What is God's solution to my anger problem at this time? What would God have me to do to overcome my anger problem?

VERSES:

Proverbs 10:12	Proverbs 12:22	Proverbs 15:18	Proverbs 17:20
Proverbs 10:17	Proverbs 13:20	Proverbs 15:28	Proverbs 20:3
Proverbs 10:19	Proverbs 14:29	Proverbs 15:31	Proverbs 22:24-25
Proverbs 11:2	Proverbs 14:30	Proverbs 15:33	Proverbs 28:13
Proverbs 12:4	Proverbs 15:1	Proverbs 16:2	Proverbs 29:8
Proverbs 12:15	Proverbs 15:4	Proverbs 16:18	Proverbs 29:9
Proverbs 12:18	Proverbs 15:17	Proverbs 16:32	Proverbs 29:22

Reflect on what you have learned from this study and summarize the most important insights you have noticed on the back of this page. Make personal application a priority.