**Overcoming Anger with Forgiveness**

**Objective:**  
To help individuals address and overcome anger through the power of forgiveness, guided by biblical principles, and to understand how forgiveness leads to emotional healing.

**Date: \_\_\_\_\_\_\_\_\_\_**

**Section 1: Understanding Anger in Scripture**

**Scripture Focus:**  
*Ephesians 4:26-27* - "In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold."  
*James 1:19-20* - "My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires."

**Reflection Questions:**

* How does the Bible teach us to respond when we feel angry?
* What is the danger of holding onto anger, according to scripture?
* How does anger prevent us from experiencing God’s peace and righteousness?

**Section 2: Recognizing the Root of Anger**

**Exercise:**

* Reflect on the last time you felt angry. What triggered your anger?
* **Reflection:** Are there any underlying emotions (hurt, fear, disappointment) that contribute to your anger?

**Spiritual Insight:**

* How can recognizing the underlying emotions help you address the root causes of your anger rather than just the outward expression of it?

**Section 3: The Power of Forgiveness**

**Scripture Focus:**  
*Matthew 6:14-15* - "For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins."  
*Colossians 3:13* - "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

**Reflection Question:**

* What does forgiveness look like in your life, and why is it essential to healing from anger?
* **Exercise:** Write down the name of someone or a situation that you need to forgive to release your anger.
* **Reflection:** What might holding onto unforgiveness be doing to your emotional, spiritual, and physical well-being?

**Section 4: Taking Steps Toward Forgiveness**

**Exercise:**

* Reflect on how you can actively choose to forgive. This could be through prayer, letting go of resentment, or seeking reconciliation.
* **Reflection:** How does choosing forgiveness help you regain control over your emotions?

**Spiritual Insight:**

* Remember that forgiveness is not about excusing someone’s actions but releasing the hold that anger has over you. How does this perspective change your view of forgiveness?

**Section 5: Praying for Forgiveness and Release**

**Exercise:**

* Write a prayer asking God for the strength to forgive and release your anger.  
  **Example Prayer:**  
  "Lord, I ask for Your help in forgiving those who have hurt me. I release my anger and surrender my emotions to You. Heal my heart and bring me peace as I choose to forgive, just as You have forgiven me."  
  **Your Prayer:**

**Reflection:**

* How does prayer and surrendering your anger to God bring healing and freedom?

**Section 6: Reflection & Growth**

**Exercise:**

* Reflect on how forgiveness has impacted your emotional and spiritual growth. Have you noticed any changes in your thoughts, attitudes, or behaviors after choosing forgiveness?
* **Focus for Tomorrow:** What specific area of anger do you want to address tomorrow, and how can forgiveness play a role in your response?