

8 Questions to Ask When You Are Angry

- 1) What is the situation?
- 2) How do I react?
- 3) What are my motives?
- 4) What are the consequences?
- 5) What is true?
- 6) How do I turn to God for help?
 - you are _____
 - I'm facing _____
 - you promise _____
 - I've done wrong by _____
 - I've been misruled by my love of _____
 - please forgive me for _____
 - thank you for _____
 - I rejoice that _____
- 7) How could I respond constructively in this situation?
- 8) What the consequences of faith and obedience?