



# FROM ANGER THROUGH GRACE JOURNAL

## ADMIT:

**What is the situation?** Summarize the who, what, when, and where of the situation.

**How did I react?** Summarize what you did, said, and felt in the situation.

### 7 Tests of Righteous Anger

\_\_\_ Right Trigger \_\_\_ Right Response \_\_\_ Duration \_\_\_ Controlled \_\_\_ Motive \_\_\_ Primed \_\_\_ Effect

## ACKNOWLEDGE & CONFESS:

**What are the consequences?** What was the personal, relational, spiritual, and emotional “fall out” of your anger for you and the other involved?

## UNDERSTAND:

**What are my motives?** Circle or write in your “ruling desire(s).”

<i>Power</i>	<i>Approval</i>	<i>Comfort</i>	<i>Image</i>	<i>Control</i>	<i>Dependence</i>
<i>Independence</i>	<i>Inclusion</i>	<i>Achievement</i>	<i>Prosperity</i>	<i>Work</i>	<i>Religion</i>
<i>Irreligion</i>	<i>Race / culture</i>	<i>A person</i>	<i>Family</i>	<i>Helping</i>	<i>Suffering</i>

**Other:**

**What is true?** What lies did you believe or truths did you distort/doubt when you were angry?

## REPENT:

**How can I turn to God for help?** What do repentance and faith look like *now*?

## RESTRUCTURE LIFE & IMPLEMENT:

**How should I respond in this situation to glorify God?** What would faith and obedience have looked like *then*?

**What are the consequences of faith and obedience?** Sanctified Imagination: How could God have used your obedience if you had responded well? Sanctified Reality: How has God used your repentance and confession for His glory and your good?