



# Anger and Impulse Control



Struggling with anger or rash decisions? This 7-day study helps young men find peace, patience, and self-control through God's Word and practical reflection.

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## Introduction

For many young men, anger feels like it shows up uninvited—boiling beneath the surface, exploding in moments of stress, or silently damaging relationships. Impulse control often goes hand-in-hand with anger, leading to rash decisions, outbursts, and regret. But God didn't create you to be ruled by your reactions. He created you to walk in self-control, patience, and peace.

This 7-day study is designed to help young men understand the spiritual root of anger and how to respond with maturity, wisdom, and faith. You'll learn to recognize your triggers, calm your spirit, and invite God to transform your reactions into righteousness. Let's walk this journey toward true strength—the kind that comes from the Holy Spirit.





## Day 1: Recognizing the Fire Within



## Day 1: Recognizing the Fire Within

## Your Verse

**James 1:19–20 (NIV)**

*"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."*

## Supporting Scriptures

- **Proverbs 29:11 (NIV)** – *"Fools give full vent to their rage, but the wise bring calm in the end."*



## Day 1: Recognizing the Fire Within

## Devotional: It's Okay to Feel Angry—But Not to Be Owned By It

Anger itself is not a sin—it's an emotion. But what you do with it matters. Many young men were never taught how to deal with anger in healthy ways. You either blow up, shut down, or act out. But Scripture gives you another option: slow down.

God calls us to be **slow to anger**—not because anger is always wrong, but because **uncontrolled anger leads to unrighteousness**. Learning to pause before reacting is a powerful spiritual skill. It's not weakness—it's wisdom.

Your anger might be valid. But don't let it become your master. Recognizing it is the first step toward surrendering it to God.



Day 1: Recognizing the Fire Within

# Journaling Prompts

1. What usually triggers my anger?

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2. How do I typically respond when I'm mad?

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3. How can I begin pausing before I react?

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## Day 1: Recognizing the Fire Within

## Prayer for Today

Lord, I feel anger rise in me more than I want to admit. Sometimes I feel out of control. Help me slow down. Teach me to pause, breathe, and give my emotions to You. I don't want to be ruled by my reactions—I want to walk in righteousness. Be my calm in the storm.

**Amen.**







## Day 2: Righteous vs. Reckless Anger



## Day 2: Righteous vs. Reckless Anger

## Your Verse

***Ephesians 4:26–27 (NIV)***

*"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."*

## Supporting Scriptures

- ***Psalm 4:4 (NIV)*** – *"Tremble and do not sin; when you are on your beds, search your hearts and be silent."*



## Day 2: Righteous vs. Reckless Anger

## Devotional: Is My Anger Helping or Hurting?

Not all anger is wrong. Jesus got angry at injustice and hypocrisy. But His anger always flowed from **love**, never from ego or vengeance. Most of our anger? It's reckless. It burns bridges, not builds peace.

When you don't deal with your anger, it festers. That's when it becomes dangerous. It gives the devil room to twist your thoughts, poison your words, and lead you into sin.

Ask yourself: *Is my anger helping bring justice or healing? Or is it hurting others and my relationship with God?*



# Journaling Prompts

1. When was the last time I let anger simmer for too long? What happened?

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2. How can I tell when my anger is righteous vs. reckless?

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3. What would it look like to “not let the sun go down” on my anger today?

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## Day 2: Righteous vs. Reckless Anger

## Prayer for Today

Father, when I get angry, it's easy to justify my outbursts. But You see deeper. Help me recognize when my anger is coming from pride or pain. Teach me to deal with it quickly—not to bury it, but to bring it to You. I want to respond with love, not revenge.

**Amen.**





## Day 3: Controlling the Tongue



## Your Verse

***Proverbs 15:1 (NIV)***

*"A gentle answer turns away wrath, but a harsh word stirs up anger."*

## Supporting Scriptures

- ***James 3:5–6 (NIV)*** – *"The tongue is a small part of the body, but it makes great boasts... it is a fire, a world of evil..."*



## Day 3: Controlling the Tongue

## Devotional: Your Words Are Your Weapon

The fastest way to escalate a situation is to let your tongue run wild. When angry, your mouth often moves faster than your mind—and your words can become like gasoline on a flame.

God calls you to a higher standard. He wants your words to **bring peace, not provoke pain**. That means choosing silence sometimes. Or speaking calmly when every part of you wants to scream. That's not weakness—it's Christlike restraint.

Ask God to help you pause and think: *“Will this word build up or burn down?”*





# Journaling Prompts

1. What words have I spoken in anger that I regret?

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2. How can I learn to speak life, even when I'm frustrated?

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3. What situation today might require a gentle answer?

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## Day 3: Controlling the Tongue

## Prayer for Today

God, help me control my tongue. I confess that I've spoken harsh, careless, and hurtful words in the heat of anger. Teach me to respond with wisdom. Let my mouth reflect the peace You want to grow in me.

**Amen.**





## Day 4: What's Underneath *My* Anger?



## Day 4: What's Underneath My Anger?

## Your Verse

*"Whoever is patient has great understanding, but one who is quick-tempered displays folly."*

## Supporting Scriptures

- *Ecclesiastes 7:9 (NIV)* – *"Do not be quickly provoked in your spirit, for anger resides in the lap of fools."*



## Day 4: What's Underneath My Anger?

## Devotional: The Pain Beneath the Punch

Anger often isn't the root—**it's a symptom**. Beneath the outbursts are wounds: rejection, fear, shame, disappointment. Many young men haven't been taught how to process pain, so it leaks out as aggression.

God wants to heal the hurt under the heat. When you invite Him into your pain, He can take away the fuel that feeds your fury. You don't have to fight for control—you can walk in peace.



Day 4: What's Underneath My Anger?

# Journaling Prompts

1. What feelings are usually hiding underneath my anger?

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2. Have I invited God into my emotional wounds?

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3. What would it look like to process pain without exploding?

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## Day 4: What's Underneath My Anger?

## Prayer for Today

Lord, show me what's really going on inside. Help me see the hurt beneath my reactions. I don't want to just manage my anger—I want to be healed. Come into the broken places and bring peace where there's pain.

**Amen.**





## Day 5: Slowing Down the Reaction





## Day 5: Slowing Down the Reaction

## Your Verse

***Proverbs 16:32 (NIV)***

*"Better a patient person than a warrior, one with self-control than one who takes a city."*

## Supporting Scriptures

- ***2 Timothy 1:7 (NIV)*** – *"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*



## Day 5: Slowing Down the Reaction

## Devotional: Slow Is Strong

Our world praises fast reactions, quick comebacks, and savage roasts. But God praises **patience**. Strength is not in the volume of your voice—it's in the quiet of your restraint.

When you feel your temper rising, slow everything down. Breathe. Walk away. Pray. Count. Call someone. These aren't childish tricks—they're **godly tools**.

Self-control is a fruit of the Spirit, not just willpower. It's God at work in your reactions.



Day 5: Slowing Down the Reaction

# Journaling Prompts

1. What practical steps can I take to slow down my reactions?

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2. How would my relationships change if I walked in more self-control?

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3. What would it look like to invite the Holy Spirit into my anger in the moment?

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## Day 5: Slowing Down the Reaction

## Prayer for Today

Holy Spirit, I need Your help. I want to be quick to listen, slow to speak, and even slower to anger. I invite You into my reactions. Teach me how to respond instead of explode. Let Your strength be my self-control.

**Amen.**





## Day 6: Choosing Peace Over Payback



## Day 6: Choosing Peace Over Payback

## Your Verse

**Romans 12:17–18 (NIV)**

*"Do not repay anyone evil for evil... If it is possible, as far as it depends on you, live at peace with everyone."*

## Supporting Scriptures

- **Matthew 5:9 (NIV)** – *"Blessed are the peacemakers, for they will be called children of God."*



## Day 6: Choosing Peace Over Payback

## Devotional: Revenge Feels Good... For a Moment

When someone disrespects you, anger says: “*Get even.*” But Jesus says: “*Be a peacemaker.*” That doesn’t mean you let people walk all over you. It means you choose peace over payback—**even when you could win.**

Why? Because revenge might feel good for a second, but it robs you of joy long-term. Peace makes you stronger. It makes you reflect your Father in heaven.

Be the guy who brings calm, not chaos. You don’t have to fight every battle. Some are won by walking away.



# Journaling Prompts

1. Who am I tempted to get revenge on right now?

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2. What would choosing peace look like in that situation?

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3. How can I become a peacemaker, not a provoker?

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## Day 6: Choosing Peace Over Payback

## Prayer for Today

Jesus, thank You for showing me how to be a peacemaker. You could've fought back, but You chose love. Help me do the same. I give You my ego, my pride, and my pain. I want peace—not revenge.

**Amen.**





## Day 7: The Strength of a Gentle Man



## Day 7: The Strength of a Gentle Man

## Your Verse

**Matthew 11:29 (NIV)**

*"Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."*

## Supporting Scriptures

- **Galatians 5:22–23 (NIV)** – *"But the fruit of the Spirit is... gentleness and self-control..."*



## Day 7: The Strength of a Gentle Man

## Devotional: Gentleness Is Not Weakness

In today's world, gentleness is mocked. It's mistaken for being soft. But Jesus was the most powerful man to ever live—and He was also **gentle and humble**.

Gentleness is not about lacking strength. It's about **having strength under control**. When you walk in gentleness, you become approachable, calm, steady. You can lead, love, and restore others without exploding.

God is calling you to be a strong man—but a gentle one. And that kind of man? He reflects Christ.



Day 7: The Strength of a Gentle Man

# Journaling Prompts

1. How do I normally view gentleness—as strength or weakness?

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2. What's one situation where I can choose gentleness this week?

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3. How does Jesus' example of gentleness challenge me as a man?

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## Day 7: The Strength of a Gentle Man

## Prayer for Today

Jesus, thank You for being gentle with me. You could crush me for my failures, but instead, You carry me with grace. Teach me to be that kind of man. Strong—but soft. Bold—but kind. Fierce in truth—but full of love. Make me more like You.

**Amen.**





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