



# Controlling Your Anger Before It Controls You



A 7-day Bible study for teens on understanding, managing, and overcoming anger through God's guidance and scripture.

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## Introduction

Anger is a powerful emotion that everyone experiences, especially during the teenage years. As a teen, you might face situations where frustration or hurt triggers anger, and it feels overwhelming. This Bible study plan is designed to help you understand what the Bible says about anger and how to control it before it controls you.

Anger itself is not sinful; it is a natural response to certain situations. However, how we handle anger can either build us up or tear us apart and hurt others. The Bible offers wisdom, encouragement, and practical steps to transform anger into patience, peace, and understanding. Throughout this week, you'll explore Scriptures that teach about the power of your words, the importance of self-control, and the peace that God gives.

*Remember, controlling anger is not about pretending you don't feel it, but learning how to respond in a way that honors God and protects your relationships.* Each day includes key verses, devotional reflections, questions to think deeply, journaling prompts, and prayers crafted to help you not just manage anger but grow spiritually and emotionally.

As you commit to this study, ask God to open your heart and mind to His truth, and grant you the strength to apply what you learn. **Together, let's discover how to live free from the grip of anger and walk in God's peace every day.**





## Day 1: 🔥 Recognizing Anger: The First Step



## Day 1: 🔥 Recognizing Anger: The First Step

## Your Verse

*Ephesians 4:26 – "In your anger do not sin: Do not let the sun go down while you are still angry."*

## Supporting Scriptures

- *Proverbs 14:29 – "Whoever is slow to anger has great understanding, but one who has a hasty temper exalts folly."*
- *James 1:19 – "Everyone should be quick to listen, slow to speak and slow to become angry."*



Day 1: 🔥 Recognizing Anger: The First Step

## Devotional: Understanding Your Anger Is Key

**Anger is a natural emotion, but recognizing it is the crucial first step in controlling it.** The Bible tells us that feeling anger isn't a sin, but letting it make us act wrongly can lead to harmful consequences. Sometimes, anger can sneak up on us, and if we don't take time to notice it, it ends up controlling our reactions.

*Today's verse, Ephesians 4:26, encourages us not to sin when we're angry and to resolve our anger quickly.* This means it's okay to feel angry, but we must handle it wisely, addressing the cause without letting it fester or erupt destructively. It reminds us that dealing with anger is urgent because unresolved anger can hurt relationships and ourselves.

Take time today to notice when you feel anger. Are there times when it builds up and explodes unexpectedly? What triggers it? Understanding what sets off your anger is the first victory toward managing it with God's help.



Day 1: 🔥 Recognizing Anger: The First Step

## Reflect and Apply

1. What usually triggers your anger, and how do you typically react?

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2. How does unresolved anger affect your relationships with friends, family, or God?

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3. In what ways can you take responsibility for how you respond to anger rather than blaming others?

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## Day 1: 🔥 Recognizing Anger: The First Step

# Journaling Prompts

1. Write about a recent time when you felt angry. What caused it and how did you respond?

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2. List three physical signs your body shows when you start to get angry.

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3. Describe how resolving anger quickly, as mentioned in Ephesians 4:26, could have changed a past situation.

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Day 1: 🔥 Recognizing Anger: The First Step

## Prayer for Today

**Dear God,** *Thank You for giving me the ability to feel and express emotions.* Help me to recognize my anger when it arises and to not let it control my actions. Teach me to respond in ways that honor You and bring peace to my relationships. Please fill me with Your wisdom and patience as I learn to manage my emotions. Help me release any anger that may be weighing on my heart today.

In Jesus' name, Amen. 🙏👉❤️





## Day 2: The Power of Words



## Your Verse

*Proverbs 15:1 – "A gentle answer turns away wrath, but a harsh word stirs up anger."*

## Supporting Scriptures

- *James 3:5 – "The tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark."*
- *Ephesians 4:29 – "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."*



## Devotional: Speak Life, Not Fire

**When anger rises, words can either calm a situation or explode it.** Proverbs 15:1 highlights the power of a gentle answer to defuse anger, whereas harsh words escalate conflict. As teens, it's easy to say things in the heat of the moment that we later regret.

*James reminds us that our tongues can start a forest fire with just a spark.* This metaphor warns us to be careful with our words as they can create lasting damage. But God calls us to use our words to build others up. **Even when angry, we have the choice to respond with kindness and self-control.**

Think about the last time anger made you snap or say something hurtful. What could a gentle answer have done instead? As you reflect today, ask God to help you speak with wisdom and love, even when it's hard.



## Reflect and Apply

1. Have your words ever hurt someone when you were angry? How did that make you feel afterward?

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2. What are some practical ways you can pause before speaking when you feel anger rising?

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3. How does speaking gently affect your own emotions and the emotions of others?

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## Journaling Prompts

1. Write down a time you used kind words in a difficult situation. What was the result?

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2. List three phrases or sentences you can use to calm a conflict instead of increasing anger.

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3. Describe how your words influence your friendships and family relationships.

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## Day 2: 🗣️ The Power of Words

## Prayer for Today

**Lord,** *please help me control my tongue and use my words to bring peace instead of pain.* Teach me to pause when I'm angry and choose gentle answers that calm situations rather than inflame them. Thank You for Your grace that helps transform my heart and speech. Help me build others up with every word I speak.

In Jesus' name I pray, Amen. 💬 ❤️ 🙏





## Day 3: 🧠 Self-Control: Mastering Your Emotions





## Your Verse

*Galatians 5:22-23 - "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."*

## Supporting Scriptures

- *Proverbs 16:32 - "Better a patient person than a warrior, one with self-control than one who takes a city."*
- *2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*



## Devotional: Fruit of the Spirit: Self-Control Matters

**Self-control is a fruit of the Holy Spirit that helps us manage anger and live in victory.** Galatians 5 tells us that self-control is a gift from God, enabling us to respond wisely when emotions are strong. It's not about suppressing feelings but about letting God guide our reactions.

*Proverbs 16:32 points out that patience and self-control are far more powerful than physical strength or winning fights.* When you learn to control your feelings instead of letting them control you, you gain true strength. This strength comes from God's Spirit living in you, as 2 Timothy says.

Ask yourself today: How much do you rely on your own strength to control anger? What would it look like to invite the Holy Spirit to empower your self-control? With God's help, you can build habits that create peace and positive change in your life.



## Reflect and Apply

1. How do you currently try to control your anger, and what challenges do you face?

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2. In what ways can relying on the Holy Spirit change your ability to manage anger?

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3. What habits can you develop to grow in self-control daily?

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## Journaling Prompts

1. Write about a situation where patience helped you avoid an angry reaction.

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2. List practical steps you can take to practice self-control when angry.

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3. Describe what it means to you that the Holy Spirit helps you in your struggles.

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Day 3: 🧠 Self-Control: Mastering Your Emotions

## Prayer for Today

**God,** *thank You for giving me the Holy Spirit who empowers me with self-control.* Help me to rely on Your strength when I feel anger rising, so I can respond with patience and peace. Teach me to grow in this fruit, showing love and kindness even in tough moments. Guide me daily as I learn to master my emotions through You.

In Jesus' name, Amen. 🌿💪🕊️



## Day 4: 💡 Wisdom in Anger



## Day 4: 💡 Wisdom in Anger

## Your Verse

*Proverbs 19:11 – "A person's wisdom yields patience; it is to one's glory to overlook an offense."*

## Supporting Scriptures

- *Ecclesiastes 7:9 – "Do not be quickly provoked in your spirit, for anger resides in the lap of fools."*
- *Matthew 5:44 – "But I tell you, love your enemies and pray for those who persecute you."*



## Devotional: Choosing Wisdom Over Wrath

**Wisdom teaches us how to handle anger with grace and patience.** Proverbs 19:11 reminds us that patience stems from wisdom and that sometimes overlooking offenses is the wise and honorable choice. It's tempting to react immediately to hurt or offense, but doing so can escalate anger and damage relationships.

*Ecclesiastes warns against quick temper as it is connected to foolishness.* God wants us to grow in wisdom, learning when to respond and when to let go. Jesus takes this further in Matthew, telling us to love and pray even for those who hurt us. This is a radical but powerful way to overcome anger.

Today, reflect on how wisdom plays a role in your emotional responses. What could be the benefits of patience and forgiveness instead of reacting in anger? As you grow in wisdom, you gain freedom from anger's grip.





Day 4: 💡 Wisdom in Anger

## Reflect and Apply

1. Can you think of a time when overlooking an offense brought peace instead of conflict?

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2. Why is patience considered a sign of wisdom rather than weakness?

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3. How might praying for those who hurt you change your feelings of anger?

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Day 4: 💡 Wisdom in Anger

## Journaling Prompts

1. Write about a person or situation you find hard to forgive or overlook.

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2. List the benefits you've noticed when choosing patience over reacting in anger.

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3. Describe how loving your enemies, as Jesus commands, could impact your anger.

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Day 4: 💡 Wisdom in Anger

## Prayer for Today

**Lord,** *give me the wisdom to be patient and the strength to overlook offenses.* Help me to practice forgiveness and love, even when it's difficult. Teach me to reflect Your love in my responses and to pray for those who hurt me. May Your wisdom guide my heart away from anger toward peace.

In Jesus' name, Amen. 🙌❤️🧠





## Day 5: Finding Peace in God



Day 5: 🕊 Finding Peace in God

## Your Verse

*Philippians 4:6-7 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

## Supporting Scriptures

- *Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast, because they trust in you."*
- *John 14:27 - "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."*



Day 5: 🕊 Finding Peace in God

## Devotional: God's Peace Guards Your Heart

Anger often comes from stress, fear, or worry hidden inside us. But God promises a peace that goes beyond human understanding — a peace that can calm even the angriest storms inside our hearts and minds. Philippians 4 encourages us to bring all our worries and frustrations to God in prayer, and in return, His peace will protect us.

*Isaiah says God keeps perfect peace for those who trust Him, and Jesus offers us His peace, unlike anything the world can give. When you feel anger rising because of hard situations or fears, turning to God in prayer can bring calm and perspective.*

Today, spend time in conversation with God, sharing your struggles, and ask Him to replace anger with His perfect peace. Trust that He is with you and wants to guard your heart.



## Reflect and Apply

1. What worries or fears often fuel your anger?

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2. How can prayer help you experience God's peace when you feel upset?

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3. How does trusting God change your perspective on situations that anger you?

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## Journaling Prompts

1. Write a prayer asking God to fill your heart with peace instead of anger.

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2. List things you can thank God for even in difficult moments.

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3. Describe how remembering God's peace has helped or could help you in anger.

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Day 5: 🕊️ Finding Peace in God

## Prayer for Today

**Father,** *thank You for Your peace that calms my anxious heart.* Help me bring my anger and worries to You in prayer instead of letting them control me. Guard my heart and mind with Your perfect peace today. Teach me to trust You more, so I may remain calm even when life feels frustrating.

In Jesus' name, Amen. 🌿 🙏 🕊️





## Day 6: 🤝 Repairing Relationships



## Day 6: 🧡 Repairing Relationships

## Your Verse

*Matthew 5:23-24 - "Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift."*

## Supporting Scriptures

- *Colossians 3:13 - "Bear with each other and forgive one another if any of you has a grievance against someone."*
- *Romans 12:18 - "If it is possible, as far as it depends on you, live at peace with everyone."*



Day 6: 🧡 Repairing Relationships

## Devotional: The Courage to Reconcile

**Anger can create barriers between people, but God calls us to courageously seek reconciliation.** Matthew 5 teaches that making peace with others is so important it should come before our offerings to God. When anger causes division, God desires that we take the initiative to repair relationships.

*Colossians encourages forgiveness and bearing with one another, and Romans reminds us to live at peace wherever possible.* This means sometimes putting aside pride and making the first move toward apology, forgiveness, or understanding.

Healing broken relationships often takes courage, humility, and prayer. Today, think about any relationships affected by anger in your life. Ask God to help you reach out in peace, forgive sincerely, and restore harmony that glorifies Him.



## Reflect and Apply

1. Are there relationships in your life damaged by anger or conflict?

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2. What fears or thoughts might be holding you back from seeking reconciliation?

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3. How does remembering God's forgiveness toward you help you forgive others?

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## Day 6: 🧡 Repairing Relationships

# Journaling Prompts

1. Write about a time when you made peace with someone and how it impacted you.

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2. List steps you can take to approach a person you need to reconcile with.

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3. Describe how forgiveness and peace affect your relationship with God and others.

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Day 6: 🧡 Repairing Relationships

## Prayer for Today

**Lord,** *give me the courage to seek peace and reconciliation in my relationships.* Help me to forgive those who have hurt me and to ask for forgiveness when I have wronged others. Teach me to be humble and loving, reflecting Your heart. May my actions bring glory to You and healing to those around me.

In Jesus' name, Amen. 🧡 ❤️ 🙏





## Day 7: Living Free from Anger





## Your Verse

*Romans 12:2 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."*

## Supporting Scriptures

- *Psalm 37:8 - "Refrain from anger and turn from wrath; do not fret—it leads only to evil."*
- *2 Corinthians 5:17 - "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*



Day 7:  Living Free from Anger

## Devotional: Renewing Your Mind for Lasting Change

**True freedom from anger comes through renewing your mind and living transformed in Christ.** Romans 12 urges us not to follow the world's ways, which often fuel anger and frustration, but to allow God to change how we think and react. This transformation is ongoing and flows from an intimate relationship with Jesus.

*Psalm 37 encourages us to refrain from anger and not to fret, because anger leads to harm.* When we focus on God's promises and trust His plans, our hearts are changed. As 2 Corinthians 5 says, in Christ we are new creations—able to leave the old patterns of anger behind and embrace a new way of life.

As you finish this study, commit to continuing this transformation daily. Ask God to renew your mind, shape your heart, and empower you to live free from the power of anger, reflecting Christ in all you do.



Day 7:  Living Free from Anger

## Reflect and Apply

1. What old patterns related to anger do you want to leave behind?

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2. How can renewing your mind help you respond differently to difficult situations?

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3. What practical steps will you take to continue growing in Christ's peace and self-control?

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Day 7:  Living Free from Anger

## Journaling Prompts

1. Write about how your understanding of anger has changed during this study.

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2. List new habits or attitudes you want to develop to overcome anger.

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3. Describe your vision for how a life transformed by God looks in how you handle anger.

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Day 7: 🔄 Living Free from Anger

## Prayer for Today

**Heavenly Father,** *thank You for making me a new creation in Christ.* Please continue to renew my mind and transform my heart so that anger no longer controls me. Help me live by Your Spirit, showing love, patience, and peace to everyone around me. Guide me daily to reflect Your character in all my emotions and actions.

In Jesus' name, Amen. 🔄 🙌 ❤️ 🙏





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