Week / Lesson 4 · Anger, Bitterness, and Resentment

Waefeso / Ephesians 4:25-32

Name (optional): _____ Date: _____

Distinguish anger from harmful conduct and plan a safe response.

1 · See and listen

Read the whole passage and core article through the lesson link. Record God’s action or a key word in context.

2 · Understand

How can anger reveal a wound without ruling decisions? Renewed life in Christ seeks justice through truth, restraint, and compassion.

3 · Discuss

What distinguishes seeking justice from wanting another person to suffer?

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4 · Examine honestly

Which event triggers anger? Which fear, wound, or need lies beneath the feeling?

5 · Practice one step

Before the next difficult conversation, note two anger signals and one calming response. In safe circumstances, describe the event, impact, and request without insults. At the weekend, record a helpful response and an area needing further support.

6 · Review graciously

Weekly check-in: practice attempted; obstacle; question; needed support; next step and date. No score is assigned to the worth of faith.

Prayer: God of justice, let truth and compassion guide anger; let speech and conduct build safety and peace. Amen.