



7 DAYS to a *less* **ANGRY MOM**



DAY 7:

THE JOURNEY FORWARD

(AND THE LEGACY)

If growing to be a less angry mom is a journey, then Day 7 is the rest of the journey.

In order to see lasting change in how we deal with anger, we need to keep on the path.

3 Keys to Keeping on the Path:

Key #1: Find Your Motivation

Key #2: Accountability

Key #3: Commitment

31 Bible verses to control anger (in the homework section)

The 5 R Method of Bible Study

DAY 7 HOMEWORK

Thoughts to Consider:

What is your personal motivation for being less angry?

Who can you call on to keep you motivated and accountable in this area?

Who can you encourage to be less angry through your own actions?

What do you project to be your biggest struggle on this ongoing journey to being less angry?

ANNUAL PROGRESS: ONGOING THOUGHTS TO CONSIDER

As you journey on the path to becoming a less angry mom, keep these thoughts in mind:

Where am I at?

Where am I going?

Where do I want to be?

Why do I want to continue to work on this?

Who do I know that can help me stay accountable to this commitment?

How can I encourage others around me with my less angry attitude?

What kind of a legacy do I want to leave my family? Through my daily actions, how do I want to teach my kids how to deal with their own emotions and to parent their future kids?

“Know the state of your flocks, and put your heart into caring for your herds, for riches don't last forever, and the crown might not be passed to the next generation.”
Proverbs 27:23-24

31 SCRIPTURE VERSES ABOUT ANGER THAT ENCOURAGE AND MOTIVATE

The Bible has much to say about controlling our anger. I've chosen 31 scriptures for you to look at that explore this topic. Consider these verses as the "homework" for the next 31 days of your journey!

P.S. I've developed an easy and effective method to study any Bible verse! I call it the "5 Rs" and you can see the ["5 R method"](#) here. Use this method (or your own preferred method) to get the most out of these verses each day!

Psalm 37:8: Stop being angry! Turn from your rage! Do not lose your temper—it only leads to harm.

Psalm 103:8: The Lord is compassionate and merciful, slow to get angry and filled with unfailing love.

Proverbs 10:32: The lips of the godly speak helpful words, but the mouth of the wicked speaks perverse words.

Proverbs 12:18: Some people make cutting remarks, but the words of the wise bring healing.

Proverbs 12:16: A fool is quick-tempered, but a wise person stays calm when insulted.

Proverbs 14:1: A wise woman builds her home, but a foolish woman tears it down with her own hands.

Proverbs 14:17: Short-tempered people do foolish things, and schemers are hated.

Proverbs 14:30: A peaceful heart leads to a healthy body; jealousy is like cancer in the bones.

Proverbs 15:1: A gentle answer deflects anger, but harsh words make tempers flare.

Proverbs 16:24: Kind words are like honey—sweet to the soul and healthy for the body.

Proverbs 16:32: Better to be patient than powerful; better to have self-control than to conquer a city.

Proverbs 17:27: A truly wise person uses few words; a person with understanding is even-tempered.

Proverbs 17:9: Love prospers when a fault is forgiven, but dwelling on it separates close friends.

Proverbs 18:19: An offended friend is harder to win back than a fortified city. Arguments separate friends like a gate locked with bars.

Proverbs 19:11: Sensible people control their temper; they earn respect by overlooking wrongs.

Proverbs 20:3: Avoiding a fight is a mark of honor; only fools insist on quarreling.

Proverbs 21:19: It's better to live alone in the desert than with a quarrelsome, complaining wife.

Proverbs 21:23: Watch your tongue and keep your mouth shut, and you will stay out of trouble.

Proverbs 22:24-25: Don't befriend angry people or associate with hot-tempered people, or you will learn to be like them and endanger your soul.

Proverbs 26:17: Interfering in someone else's argument is as foolish as yanking a dog's ears.

Proverbs 26:20: Fire goes out without wood, and quarrels disappear when gossip stops.

Proverbs 29:22: An angry person starts fights; a hot-tempered person commits all kinds of sin.

Proverbs 30:33: As the beating of cream yields butter and striking the nose causes bleeding, so stirring up anger causes quarrels.

Proverbs 31:26: When she speaks, her words are wise, and she gives instructions with kindness.

Romans 15:5: May God, who gives this patience and **encouragement**, help you live in complete harmony with each other, as is fitting for followers of Christ Jesus.

Ephesians 4:2-3: Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.

Ephesians 4:26: And "don't sin by letting anger control you." Don't let the sun go down while you are still angry.

Ephesians 4:29: Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an **encouragement** to those who hear them.

Galatians 5:19-22: When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties, and other

sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God. But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

1 Thessalonians 5:11: So **encourage** each other and build each other up, just as you are already doing.

1 Timothy 6:11: But you, Timothy, are a man of God; so run from all these evil things. Pursue righteousness and a godly life, along with faith, love, perseverance, and gentleness.

James 1:19-20: Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires.