

(79) Entering the Door to Healing

Points of Reflection

Video #79: [View/download the video lesson](#)

- ☐ Why do many counselors only manage anger rather than solve its root problem?
- ☐ Why do we suggest returning to the scene where our selfish anger hurt others in the past?
- ☐ Use exercise #1 to understand better how you handle anger. Use #2 to help you return to one anger scene so you can come to grips with any wrong that was done.
- ☐ Why does humility play such an essential part to solving the problem of anger?

- ☐ What are the two reasons Paul encourages us to put away our anger and act kindly to others? Provide the supporting Biblical references.
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☐ **Date Lesson #79 completed** _____