

(83) Examining Our Lives

Points of Reflection

Video #83: [View/download the video lesson](#)

- ☐ How did Abigail help David from ill-using his rage? (See 1 Samuel 25.)

- ☐ What are two ways of doing Bible study? (See James 1:23-25.)
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- ☐ List two Proverbs that speak about anger and mention what one can learn about anger from them.
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- ☐ How does Hebrews 5:14 contribute to what we learn at this second level of spiritual development?

- ☐ What are spiritual disciplines?

- How do they help us in this fight with our anger?
- What spiritual disciplines do you maintain regularly?

☐ **Date Lesson #83 completed** _____