

(84) God's Better Ways

Points of Reflection

Video #84: [View/download the video lesson](#)

- ☐ What are two points to keep in mind when escaping anger's grasp?

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- ☐ Write out Colossians 3:12-13 and highlight the words that emphasize what God wants to replace our anger with.

☐ Pick out four angry aspects and contrast them with God's better ways.

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☐ Review the many aspects of the process of putting off anger with God's patience. Then, by memory, see how many you can write down.

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☐ Finish completing the appropriate exercises on overcoming anger.

- ☐ (1) Observe the times you get angry
- ☐ (2) Tracing Anger Responses
- ☐ (3) Preventing Anger
- ☐ (4) Combating Anger
- ☐ (5) Six Practical Steps in Overcoming Anger

☐ **Date Lesson #84 completed** _____

☐ **Chapter 8 (#75-84) completed (Put check mark):**

- Reading _____ Videos _____ Reflection questions _____ Exercises _____