



Chapter #8

Overcome Anger, Acquire Patience

Study Exercises

(75-84)

Chapter resources

Illustrated Teaching Handout: [View PDF](#)

Chapter Exercise Overview: [View PDF](#)

Chapter #8 Exercises on Anger

Complete these five exercises on overcoming anger when assigned.

☐ **#1 Understanding our Anger:** [pdf](#)

- Purpose: Better understand how anger affects your life.

☐ **#2 Tracing Angry Responses:** [pdf](#)

- Purpose: More deeply understand how you respond to and relate to anger. Think of the most recent time when your anger impacted your life. Recall that incident and go through the following questions.

☐ **#3 Preventing Anger:** [pdf](#)

- Purpose: Better understand how anger enters and impacts your life. Our goal is not to succumb to rage again. There are things we can do.

☐ **#4 Combating Anger:** [pdf](#)

- Purpose: Anger escalates as we adopt lies from the evil one. We must fight this battle with the truth, the Word of God.

☐ **#5 Six Practical Steps in Overcoming Anger:** 5a-[pdf](#) | 5b-[link pending verification](#)

- Purpose: Equip one with how to identify and solve a person's anger - six steps.

☐ **Life Application sheet:** [pdf](#) | [docx](#) | [epub](#)

- Don't forget to think about what verses, thoughts, or examples were most meaningful to you. Just quickly flip through the chapter and remember what you read. In the next chapters, circle special words as you read or view the lesson.