

Day 1

When You're Angry

SCRIPTURE

James 1:19-20

PRAYER

Lord, slow my anger before it becomes my answer. Help me listen carefully, speak wisely, and refuse words meant only to wound.

REFLECTION

What am I protecting, fearing, or grieving underneath my anger?

TODAY'S CHALLENGE

Wait ten minutes before sending or saying anything. Rewrite your first response with fewer words and more clarity.

Notes: _____

