

# Recognizing the Flame

## DAY 1

### SCRIPTURE

“Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger.”

James 1:19-20

### REFLECTION

Anger often springs from unmet expectations or a bruised pride. Today you stand at the threshold: you let the spark become a blaze, or will you quench it before it consumes your peace?

### PRAYER

"Lord, grant me ears to hear Your voice over my fury. Slow my tongue and temper my heart."

### ACTION STEP

Journal the last time anger controlled you. Identify its trigger – pride or fear



# Guard Your Tongue

## DAY 2

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### SCRIPTURE

“A soft answer turns away wrath, but a harsh word stirs up anger.” Proverbs 15:1

### REFLECTION

Words are arrows – once loosed, they wound irreversibly. Your tongue can usher in peace or ignite chaos. Real power lies in restraint.

### PRAYER

"Father, shape my words today. Let every sentence flow from Your heart of grace."

### ACTION STEP

Before speaking, pause and count to five. Replace your first reaction with a breathing prayer.



# Uncover the Root

## DAY 3

### SCRIPTURE

“Be angry and do not sin; do not let the sun go down on your anger.” Ephesians 4:26

### REFLECTION

Anger itself isn't sin – it's the rotting root system underneath. Bitterness, envy, and pride anchor its growth. Excavate those roots now before they choke out your faith.

### PRAYER

"Search me, O God, and reveal any hidden root of anger within me."

### ACTION STEP

List emotions beneath your anger (hurt, shame, fear). Confront each in prayer.



# Surrender & Forgive

## DAY 4

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### **SCRIPTURE**

“Bearing with one another and, if one has a complaint against another, forgiving each other.”  
Colossians 3:13

### **REFLECTION**

Forgiveness is your greatest weapon – dulling the blade of vengeance. To release someone is to reclaim your freedom.

### **PRAYER**

"Jesus, empower me to forgive as You forgave me – even when it costs my comfort."

### **ACTION STEP**

Write a forgiveness letter (even if unsent) to the person you've been holding hostage to anger.



# Renew Your Mind

## DAY 5

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### SCRIPTURE

“Do not be conformed to this world, but be transformed by the renewal of your mind.”

Romans 12:2

### REFLECTION

Your thought patterns fuel your reactions. Swap lies (“I deserve to explode”) for truth (“Christ’s peace rules me”).

### PRAYER

"Holy Spirit, rewrite the narrative of my mind – install Your thoughts above my resentments."

### ACTION STEP

Memorize and meditate on Philippians 4:8. Speak it over your mind every time anger rises



# Rest in His Peace

## DAY 6

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### **SCRIPTURE**

“Do not be anxious about anything, but in everything by prayer...present your requests to God. And the peace of God...will guard your hearts and your minds.” Philippians 4:6-7

### **REFLECTION**

Peace isn't passive – it's a sentinel guarding of your heart's citadel. In the posture of prayer, watch it stand watch over your fury.

### **PRAYER**

"Lord, I trade my anxiety and anger for Your supernatural peace."

### **ACTION STEP**

Practice a five-minute breathing prayer, focusing on the promise of God's peace.



# Rise as a Warrior of Calm

## DAY 7

### SCRIPTURE

““But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles.” Isaiah 40:31

### REFLECTION

You’ve excavated, surrendered, and renewed. Now stand tall in the calm forged through obedience. Your anger has been dethroned – your soul resurrected.

### PRAYER

"God by Your strength I rise. Let calm be my war-cry and peace my battle standard."

### ACTION STEP

Declare victory over anger with a personal affirmation. Share it with a brother for accountability

