

SESSION 5

Date _____

Lesson: Do What Jesus Did (pp. 35-46).

- (1) Discuss your answers to the homework questions from the previous session. (2) Share successes or failures in applying the truths you're learning.

To prepare for the next session:

- ✓ Bible Reading: Continue with your daily Bible reading plan.
- ✓ Scripture Retrieval: Choose a new truth or promise (pp. 63-64); memorize the new passage and review the past four.
- ✓ Prayer: Continue with Habakkuk's prayer pattern (pp. 61-62) and use the *30 Days of Praying the Attributes of God* (pp. 63-65).
- ✓ Meditation: Read pp. 47-50 and consider:
Which desires of the flesh tempt you? What is the most difficult element of the fruit of the Spirit to practice? Why?
List the nine elements of the Fruit of the Spirit. What persons best represent those qualities?

SESSION 6

Date _____

Lesson: How the Fruit of the Spirit Prevents Anger (pp. 47-50).

- (1) Discuss your answers to the homework questions from the previous session. (2) Share successes or failures in applying the truths you're learning.

To prepare for the next session:

- ✓ Bible Reading: Bible Reading: Continue with your daily Bible reading plan.
- ✓ Scripture Retrieval: Choose a new truth or promise (pp. 70-71); memorize the new passage and review the past five.
- ✓ Prayer: Continue with your prayer time.
- ✓ Meditation: Read pp. 51-58 and consider:

Which element of the armor of God do you most need to work on? What Bible verses have been a help to you in your struggle with anger?

Do you see you anger as "partnership" with Satan? Should you? Explain.

In what ways do you actively rely on the Spirit to overcome anger?

In what ways could you do this better?

SESSION 7

Date _____

Lesson: How the Armor of God Protects from Anger (pp.47-58)

- (1) Review and discuss the answers to your homework questions from the previous week. (2) Share successes or failures in applying these truths.

While this concludes the study, it should not conclude the daily habits essential for growth you have been developing. May you continue to grow in grace and in the knowledge of the Lord Jesus (2 Pet. 3:18).

- ✓ Bible Reading: Continue with daily readings.
- ✓ Scripture Retrieval: Select Bible passages in areas of struggle and continue your pattern.*
- ✓ Prayer: Deepen and develop your prayer time.
- ✓ Meditation: Consider spending 15 minutes a day reading a spiritual growth book to supplement your daily Bible reading.*

* Check out the resources tab at biblicalstrategies.com for free downloads of many helpful articles and tools.

Accountability Plan Study Guide

Fighting the Fire

biblical strategies for overcoming anger



Biblical Strategies

How you get to where God's taking you.

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STUDY GUIDE & ACCOUNTABILITY PLAN

This guide accompanies the book *Fighting the Fire: biblical strategies for overcoming anger*. It is intended to assist you in personal study, counseling or discipleship. It can also be used to lead a small group study through *Fighting the Fire*. Permission is granted to make copies and distribute as needed. Additional resources are available at: www.biblicalstrategies.com

SESSION 1

Date _____

Lesson: Getting started.

Read pages 7-8 and briefly familiarize yourself with the practical suggestions (pp. 59-75).

Discussion questions:

What were some of the circumstances that surrounded the last time you lost your temper?

What are some of the regrets you have from such past actions?

To prepare for the next session:

- ✓ Bible Reading: Begin daily Bible readings (p. 69).
- ✓ Scripture Retrieval: Choose a truth or promise (pp. 70-71) and begin memorizing the biblical passage.
- ✓ Prayer: Use the 10-minute prayer pattern (p. 60)
- ✓ Meditation: Read pp. 9-19 and consider:
 - Are you struggling with bitterness for a past offense? In what ways have you attempted to restore the relationship?*
 - Have you ever “had it out” with God? Did you leave it unsettled? What steps could you take to rectify that?*
 - In what ways do you keep you anger “warm” and “alive?”*
 - What are five ways God has shown his love to you?*

SESSION 2

Date _____

Lesson: One Word Isn't Enough. Part 1 (pp. 9-19)

(1) Discuss your answers to the homework questions

from the previous session. (2) Share successes or failures in applying the truths you're learning.

To prepare for the next session:

- ✓ Bible Reading: Continue daily Bible readings (p. 69)
- ✓ Look up and highlight 2-3 of the *Key Replacement Passages* on forgiveness, patience, or love (p. 66-67)
- ✓ Scripture Retrieval: Choose a new truth or promise (pp. 70-71); memorize the new passage and review the past one.
- ✓ Prayer: Begin to use *30 Days of Praying the Attributes of God* (pp. 63-65); continue with the 10-minute prayer pattern (p. 60)
- ✓ Meditation: Read pp. 19-28 and consider:
 - With whom do you argue? What circumstances start it?*
 - Do you feel the need to have the last word in an argument? What brings about that desire?*
 - Which element (1, 2 or 3) are you guilty of when you slander others?*
 - How would applying Ephesians 4:29 change your speech?*

SESSION 3

Date _____

Lesson: One Word Isn't Enough. Part 2 (pp. 19-28).

(1) Discuss your answers to the homework questions from the previous session. (2) Share successes or failures in applying the truths you're learning.

To prepare for the next session:

- ✓ Bible Reading: Continue daily Bible readings (p. 69)
- ✓ Look up and highlight 2-3 of the *Key Replacement Passages* that pertain to the kind of anger with which you struggle (pp. 66-68)
- ✓ Scripture Retrieval: Choose a new truth or promise (pp. 70-71); memorize the new passage and review the past two.
- ✓ Prayer: Continue using the *30 Days of Praying the Attributes of God* (pp. 63-65); continue with the 10-minute

prayer pattern (p. 60)

- ✓ Meditation: Read pp. 29-34 and consider:
 - In what ways can you relate to Jack-in-the-box?*
 - Do you tend to make decisions at work by thought or emotion?*
 - How about at home? If there is a difference, why?*
 - What biblical truths can change how you look at your struggle with anger?*

SESSION 4

Date _____

Lesson: The Angry Man's Belief System (pp. 29-34).

(1) Discuss your answers to the homework questions from the previous session. (2) Share successes or failures in applying the truths you're learning.

To prepare for the next session:

- ✓ Bible Reading: When you have completed the daily Bible readings (p. 69), continue with your own Bible reading plan.*
- ✓ Look up and highlight 2-3 of the *Key Replacement Passages* for the kind of anger with which you struggle (pp. 66-68).
- ✓ Scripture Retrieval: Choose a new truth or promise (pp. 70-71); memorize the new passage and review the past three.
- ✓ Prayer: Practice Habakkuk's prayer pattern in areas where you struggle with anger (pp. 61-62); continue using the *30 Days of Praying the Attributes of God* (pp. 63-65).
- ✓ Meditation: Read pp. 35-46 and consider:
 - Are there real-life situations where you believe your anger is righteous and justified? What are they?*
 - Answer Dave Powlison's questions.*
 - In what ways can you show humility when you're struggling with anger? How are you praying about your anger?*