

Worksheet: Overcoming Anger in Conflict

Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. —Colossians 3:13

Current situation I am angry about: _____

How is my anger affecting my walk with God? My mood? My other relationships?

If I remain angry, how will it hurt me? How will it hurt my other relationships?

What steps can I take to resolve this conflict? Do I need to solicit help from a brother or sister in the Lord to resolve it? If so, who should that person be? (See Matthew 18:15–17.)

What scriptures can help me to forgive? _____

Which of my sins am I most thankful to have forgiven by God?

What can help me to have compassion on the person I am angry with?

How can I pray for the person I am having conflict with?

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