

JOURNAL THIS!

1. Where have you departed from a staunch commitment to reality? (see Psalm 32)
2. How would you describe God's physical posture or his emotions towards you when you fail?
3. On a scale from 1 to 10, how comfortable are you with consequence?

WORKING WITH OUR ANGER

1. ACKNOWLEDGE YOUR ANGER

2. ACCLIMATE, SIT WITH IT

1. WHY ARE YOU HERE, REALLY?
2. WHAT IS IT THAT YOU ARE TRYING TO TELL ME?
3. TELL ME THE STORY OF HOW WE MET, WHEN, WHERE?
4. IF I DO WHAT YOU ARE TELLING ME TO DO, BE HONEST WITH WHAT IS NEXT

3. ACT, TAKE ACTION BUT NOT IN ANGER, USE PATIENCE (see Genesis 4)