

Anger is One Letter Short of Danger

When you see **red**, danger lies ahead. Use these three steps to learn from and let go of the past.

1. Describe offenses and how you feel. List everyone you blame - others, you maybe God.

 Describe the offense	How do you feel?	Offender's First Name

2. Forgive everyone you blame including you and/or God. Remember forgiveness is not a one-and-done event, but rather an ongoing exercise. Practice forgiveness anytime you feel irritation, frustration, anger, bitterness, wrath or rage. Don't wait until you feel like it. Take a deep breath and maybe a long walk. Make decisions to forgive for your own freedom and future.
3. Ask God to help you forgive by praying these verses...Trust & Obey There is no other way! If you hear Him, follow Him. As read in [John 14:21 NIV](#), *"Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them."*

"Dear Heavenly Father, I thank You for the riches of Your kindness, forbearance and patience, knowing that Your kindness has led me to repentance.

I confess that I have not extended that same patience and kindness toward others who have offended me, but instead I have harbored bitterness and resentment. I pray that during this time of self-examination, You would bring to mind only those people that I have not forgiven in order that I may do so. I ask this in the precious name of Jesus. Amen."

From *The Bondage Breaker* by Neil T. Anderson