

Measured Warrior Field Manual Worksheet

Enemy Weapon: Anger - Unrestrained

Name:

Date:

Opening Reflection

Anger is a powerful emotion. Sometimes it alerts us to injustice, but when left unchecked it can become a weapon that harms relationships, clouds judgment, and weakens our witness.

Before beginning this study, answer the following:

1. What situations most commonly trigger anger in your life?
2. How do you typically respond when you become angry?
3. Have you ever regretted something you said or did while angry?

Study 1: Understanding Anger

Read Ephesians 4:26–27

"Be angry and do not sin; do not let the sun go down on your anger."

Questions

1. According to this passage, is all anger sinful?
2. What warning does Paul give concerning anger?
3. Why do you think unresolved anger gives the devil an opportunity?

Personal Reflection

What unresolved anger might still be affecting your life?

Study 2: The Enemy's Strategy

Read James 1:19–20

"Let every person be quick to hear, slow to speak, slow to anger."

Questions

1. What three instructions does James give?
2. Why does human anger fail to produce God's righteousness?
3. Which of these instructions is most difficult for you?

Personal Reflection

Describe a recent situation where being quick to hear and slow to speak could have changed the outcome.

Study 3: David's Near Failure

Read 1 Samuel 25:2–35

Questions

1. Why was David angry with Nabal?
2. What was David planning to do?
3. How did Abigail intervene?
4. What did David recognize about Abigail's counsel?

Personal Reflection

Who has God placed in your life that helps you avoid poor decisions?

Study 4: The Warrior's Habit

Measured Life Habit: Measured Restraint

Definition:

Measured Restraint is the God-formed ability to pause between emotion and action, allowing wisdom to govern what passion wants to control.

Read Proverbs 15:1

"A soft answer turns away wrath, but a harsh word stirs up anger."

Questions

1. How can words either calm or intensify conflict?
2. What examples have you seen of this principle?
3. Why is restraint often mistaken for weakness?

Personal Reflection

Where is God calling you to practice restraint right now?

Study 5: Following Christ's Example

Read 1 Peter 2:21–23

Questions

1. How did Jesus respond when He was insulted?
2. What did He entrust to the Father?
3. What can you learn from Christ's example?

Personal Reflection

What situation do you need to entrust to God instead of trying to control?

Warrior Action Plan

Identify one situation where anger frequently appears.

Situation:

My usual reaction:

A measured response I will practice:

A trusted person who can help hold me accountable:

SWORD of the SPIRIT: Memory Verses

James 1:19–20 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.

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

Ephesians 4:26–27 In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.

Formation Question

Where has anger been seeking control in my life, and what would it look like to surrender that area fully to God's authority?

Thoughts and Reflections:

Prayer

Heavenly Father, help me recognize anger before it controls me. Teach me the strength of Measured Restraint. Give me wisdom to pause, humility to listen, and courage to trust You with every offense and frustration. Form within me the character of Christ, that my words and actions may honor You.

In Jesus name,

Amen.

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