

**Act : Take an Inventory** Work through the list below. Does anything stick out as something you're angry about ? Fill in as many of the blanks as you wish or need, and put a check by any of the statements that are true. The list uses "parent" a lot, but you can put someone else in the story. A friend. A co-worker. A boss. A grandparent. A coach. A teacher. A pastor. An institution. A country. Circumstances. God.

- \_\_\_\_\_ hurt me.
- \_\_\_\_\_ abandoned me.
- \_\_\_\_\_ wasn't interested in me.
- \_\_\_\_\_ picked somebody, or something, over me.
- My dad/mom cheated on us.
- My parent lives with another family.
- I'm angry because other kids get my parent's attention every day.
- I'm angry because my dad or mom is too busy for me.
- I'm angry with my dad or mom because he/she didn't take care of us.
- I'm angry with my dad or mom because he/she didn't take care of himself/herself.
- I'm angry because I didn't get to say good-bye to someone.
- I'm angry with \_\_\_\_\_ because he/she won't face the facts.
- I'm angry with \_\_\_\_\_ because he/she is too aggressive / too passive.
- I'm angry with \_\_\_\_\_ because he/she embarrasses me.
- I'm angry with \_\_\_\_\_ because he/she is gone all the time.
- I'm angry because of all the hurtful things \_\_\_\_\_ has called me.
- I'm angry at God because \_\_\_\_\_ .
- I'm angry because \_\_\_\_\_ .
- I'm angry because \_\_\_\_\_ .

Now look at your anger statements. Write a *W* beside the items that are wrongly placed anger. Write an *R* beside the ones that are rightly placed anger. Write an *S* beside the ones that have been suppressed anger in your life. When you're done, take a step back and see what you can learn from the *W*'s, *R*'s, and *S*'s. Is there a pattern to your anger ? Make a few notes about what it was like to try to identify who you're angry at and why.

**Worship : Celebrate Your Relationship to the Father** Read Romans 8:14-18. Read it aloud to yourself a couple of times. Then choose a phrase or sentence that especially speaks to you. Zero in on the word "Abba" ("Father"). Read that sentence loudly. Exult in it. However you've been hurt, it doesn't compare with God's great love for you and how that love can change you if you let it. Tell your Abba Father why you worship him.

After reading and praying, go back to your list of things you're angry about. In light of what God has done for you, can you find it in your heart to forgive, and let go of some of that anger ? Not stuff it back down inside you. Not minimize it, like it didn't really hurt you. But acknowledge the hurt and say you choose to not make the other person pay. It's in God's hands. He will give you justice in his time.

**Proclaim : Tell Someone About Forgiveness** If you've chosen to forgive someone, or if you're getting to the place of being able to forgive someone, tell a friend. Tell them what that's like for you. Ask your friend to pray for you in this process. Telling someone about it will make the decision more real for you. Remember that the goal is to set you free from bitterness.