

A FAITH THAT KEEPS ITS COOL

Pandemic Faith #7

#1-Realize the Cost of Uncontrolled Anger

#2-Resolve to Manage It.

#3-Reflect before Reacting.

i-Be Quick to Listen.

ii-Be Slow to Speak.

iii-Be Slow to Get Angry.

#4-Release my Anger Appropriately.

#5-I Re-Pattern My Mind.

#6-Ask God to Fill Me with His Love.