

LETTING GO SERIES

**FROM
ANGER
TO
SELF CONTROL**

**TIMELESS ADVICE FROM THE RICHEST
AND WISEST MAN THAT EVER LIVED**

DAILY AFFIRMATION TOOLS

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Personal Reflection Affirmations

From Anger to Self Control

"I choose to respond with wisdom and calm, not rage. Proverbs 29:11 reminds me that while anger may rise, true strength lies in self-control and a peaceful spirit.

I release the need to give full vent to my frustrations, trusting that wisdom and patience will bring calm to every situation."

I acknowledge that anger is a natural emotion, but I do not allow it to control me. As Proverbs 29:11 says, "Fools give full vent to their rage, but the wise bring calm in the end." Instead of letting my emotions take over, I pause, breathe, and reflect before I respond. I am not defined by my anger but by my ability to rise above it with grace and understanding.

Each time I feel my temper rising, I see it as an opportunity to practice self-control. I remind myself that wisdom comes from staying calm and choosing my words and actions carefully. By doing so, I not only maintain my peace but also create a more positive environment for myself and those around me.

Through prayer and reflection, I learn to release my frustrations to God, trusting Him to guide my responses. I am strengthened by His wisdom and filled with His peace, knowing that self-control is a powerful gift He has given me.

SELF-REFLECTION QUESTIONS

- How does living What worries am I holding onto that I need to release to God?
- How can I surround myself with kind and uplifting words?
- What practices help me bring peace into my daily routine?