



SUMMIT HEIGHTS

METHODIST CHURCH

FIVE-DAY DEVOTIONAL

The Emotional Rollercoaster: When Anger Burns

James 1:19-26

Pastor Chris Howlett

May 25, 2025

Day 1 – “Quick to Hear”

Scripture:

“Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.” — James 1:19-20 (ESV)

Devotional Thought

Listening is the first grace-move that defuses anger. When another voice takes priority over your own, self-interest loosens its grip and space opens for the Holy Spirit to work. In that space resentment cools and empathy grows. Choosing to hear before you speak is an act of humble worship that lines your heart up with God’s righteousness.

Life Application Questions

- When was the last time an angry reaction silenced your ability to listen? What was lost in that moment?
- What practical cue (counting to ten, a deep breath, a silent prayer) can remind you to listen first this week?
- How does valuing another person’s words honor their God-given worth?
- Whom do you need to invite to speak while you simply receive?

Day 2 – “Be Angry, but Do Not Sin”

Scripture:

“Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.” — Ephesians 4:26-27 (ESV)

Devotional Thought

Anger itself is a signal, not necessarily a sin. It can spotlight injustice or expose wounded pride; the difference lies in how you steward it. Dealt with quickly, anger becomes fuel for holy action. Nursed overnight, it turns into a breeding ground for bitterness and spiritual vulnerability. Handing your anger to God before dusk keeps the devil out of the details.

Life Application Questions

- What unresolved anger have you let stretch past sunset?
- How could you process that anger healthily before the day ends—prayer, conversation, or journaling?
- When have you seen “quick anger” open a door to temptation in your life?
- What boundary will you set so anger never spends the night again?

Day 3 – “Slow to Anger Like God”

Scripture:

“The LORD is merciful and gracious, slow to anger and abounding in steadfast love.”
— Psalm 103:8 (ESV)

Devotional Thought

The Creator’s default pace is patience. Every delay in divine anger is an open invitation for repentance and restoration. Mirroring that slowness does not signal weakness; it displays the mighty love that first held back wrath for you. When you restrain your temper, you carry forward the same mercy that rescued your own heart.

Life Application Questions

- How has God’s patience changed your story?
- With whom do you struggle most to show that same patience?
- What specific memory of God’s forbearance can you recall when irritation rises?
- How would your closest relationships look different if you adopted God’s tempo?

Day 4 – “Rule Your Spirit”

Scripture:

“Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.” — Proverbs 16:32 (ESV)

Devotional Thought

Conquering your temper is a greater victory than conquering a fortress. Self-control, empowered by the Spirit, keeps emotion in the passenger seat and truth at the wheel. Every time you pause, you dethrone ego and enthrone Christ. Mastering your reactions is not self-repression; it is spiritual strength in action.

Life Application Questions

- Which triggers make you feel as though anger is driving?
- What “pause button” can you press to regain control when those triggers appear?
- How might ruling your spirit today influence your witness tomorrow?
- Where do you need accountability so this virtue can take root?

Day 5 – “Grace Sets the Pace”

Scripture:

“God made [us] alive together with him, having forgiven us all our trespasses, by canceling the record of debt that stood against us with its legal demands. this he set aside, nailing it to the cross.” — Colossians 2:13-14 (ESV)

Devotional Thought

At the cross, Jesus canceled sin, not people. Grace moved first, anger hit the brakes, and redemption rushed in. Living in that rhythm means attacking problems, not persons; confronting injustice, not image-bearers. When grace sets the pace in your heart, anger becomes a servant of love instead of a slave-driver of pride.

Life Application Questions

- Where have you been tempted to “cancel” someone rather than cancel the offense?
- How does remembering your canceled debt reshape your response to others’ failures?
- What practical step can you take to attack the issue without wounding the person today?
- Who needs to experience the pace of grace through you this week?