

## ANGER LEDGER

Who am I angry  
with?

Why am  
I angry with  
them?

What is keeping  
me from forgiving  
as Jesus has  
forgiven me?

What is  
my next  
step?

Dear Jesus,

I confess that I have stored up bitterness and unforgiveness toward \_\_\_\_\_. I recognize that this resentment doesn't just hurt me but hurts my relationship with You. Jesus, help me to love others the way that You love me. Because of what You did on the cross to reconcile me to my heavenly Father, may I be willing to be reconciled with others. Give me courage to forgive this person as You have forgiven me, and to take a next step toward reconciliation so that You may be glorified.