



CHEW On This™ Resource Blog: CHEW Questions for Controlling Emotions

Question: If I really believed God is patient with me, how would that change my reactions when I feel anger rising?

- I would pause and remind myself that God doesn't react harshly to my mistakes, so I don't need to react harshly to others.
- I would feel less pressure to immediately "fix" or control the situation, trusting that God is patient and working even when things aren't perfect.
- I would be more likely to extend grace to others, remembering how often God has forgiven and waited for me to grow.
- I would let go of the need to "win" an argument or prove my point, knowing God values relationship over being right.
- I would take a deep breath and pray for God's calm, instead of letting my emotions dictate my words or actions.
- I would be more patient with my family, coworkers, or friends, modeling the same patience God shows me daily.
- I would stop replaying past frustrations in my mind, choosing instead to focus on God's continual mercy toward me.
- I would be less critical of myself when I fail, accepting God's patient love and giving myself permission to try again.
- I would remember that God delights in me, even in my struggles, which helps me respond to others with kindness instead of irritation.
- I would trust that God is in control and that I don't have to take matters into my own hands out of impatience.
- I would use moments of anger as opportunities to grow in Christlike character, rather than as setbacks or failures.

Transparency Note:

This resource is crafted in collaboration with advanced AI tools and thoughtfully finalized by the 1st Principle Group staff to ensure biblical faithfulness and practical relevance for our readers.