IRONWORKS

PROVERBS 27:17

A 30-DAY WORKBOOK FOR MEN

SLOW TO ANGER.

THE WORKBOOK



ANGER · 30 DAYS · ABOUT 15 MINUTES A DAY

HOW TO USE THIS WORKBOOK

ONE PASSAGE A DAY. ONE HONEST ANSWER AT A TIME.

This workbook goes with the 30-day reading plan on joinironworks.com. You don't need any Bible background. You need a Bible, a pen and about 15 minutes a day.

SECTION OPENERS

Five short sections. Each one opens with the readings, a key verse and what the section is about.

DAILY PAGES

Read the passage first. Then read a short devotional thought and answer three questions.

MAN TO MAN

At the end of each section, a question to talk over with another man you trust.

FORGE IT

One specific action to take before you start the next section.

MY ANGER MAP

A one-page plan you fill out before Day 1 and update as you go.

VERSE AND PRAYER

A memory verse for each section and prompts to help you pray about what you read.

THREE QUESTIONS EVERY DAY

SEE IT

What does the passage say?

UNDERSTAND IT

What does it mean?

LIVE IT

What will you do?



THIS WORKBOOK BELONGS TO

STARTED ON

READING PARTNER

BEFORE YOU BEGIN

RULE YOUR SPIRIT.

Most men know the feeling. The jaw sets, the neck gets hot, the voice gets louder. It might be traffic, a coworker, a referee, a bill, a child who will not listen or the same old argument at home. For some men it comes out in a blast and is over. For others it goes underground and turns into a grudge that lasts for years.

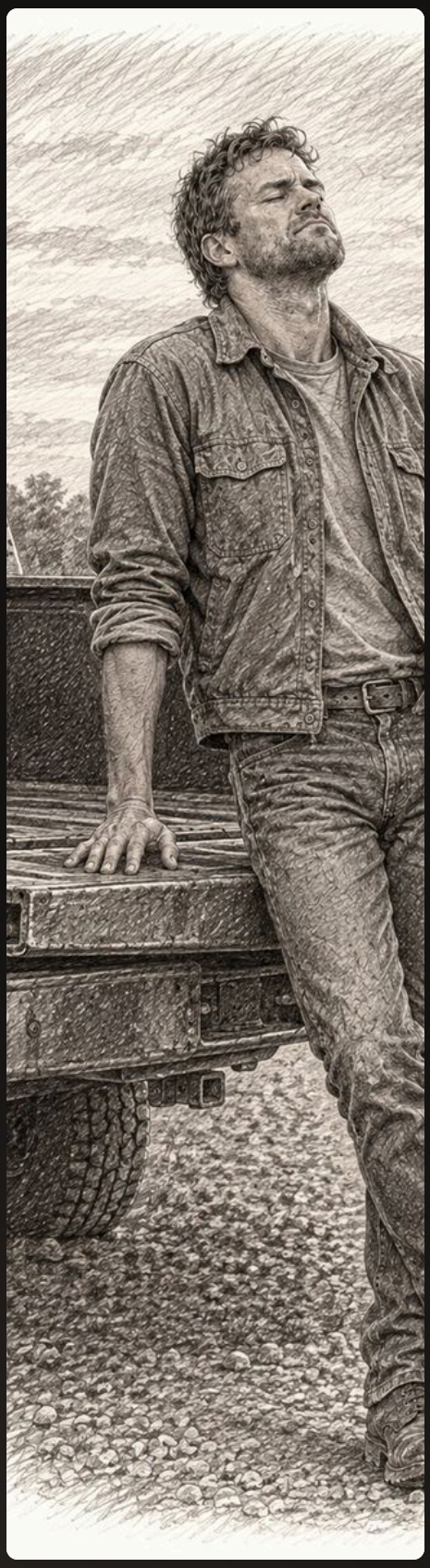
God does not say a man will never feel anger. He says a man must not let it rule him:

> *"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)

This workbook is not about becoming a man who never cares. Jesus was angry at sin. It is about anger that is slow, controlled and pointed at the right things, and about putting away the wrath, bitterness and harsh words that wound the people closest to you.

For 30 days you will watch where anger led men in Scripture, hear what God says about it, look at the Lord's own example, learn how to put it away, and bring that peace home.

Be honest on these pages. No one has to see them but you and the Lord.



FILL THIS OUT BEFORE DAY 1

MY ANGER MAP

"Good sense makes one slow to anger, and it is his glory to overlook an offense" (Proverbs 19:11). Slow does not happen by accident. Write down what sets you off, what it looks like when it does, and what you will do in the moment before you say or do something you regret. Be specific. Update this page as you go.

WHAT SETS ME OFF? Being disrespected, being interrupted, mistakes, delays, money, feeling ignored

WHERE AND WHEN DOES IT HAPPEN? In traffic, at work, at home after a long day, when I'm tired or hungry

WHAT DOES MY ANGER LOOK LIKE? Yelling, silence, slamming things, sarcasm, a grudge I keep feeding

WHAT IS UNDERNEATH IT? Pride, fear, hurt, stress, feeling powerless, wanting my way

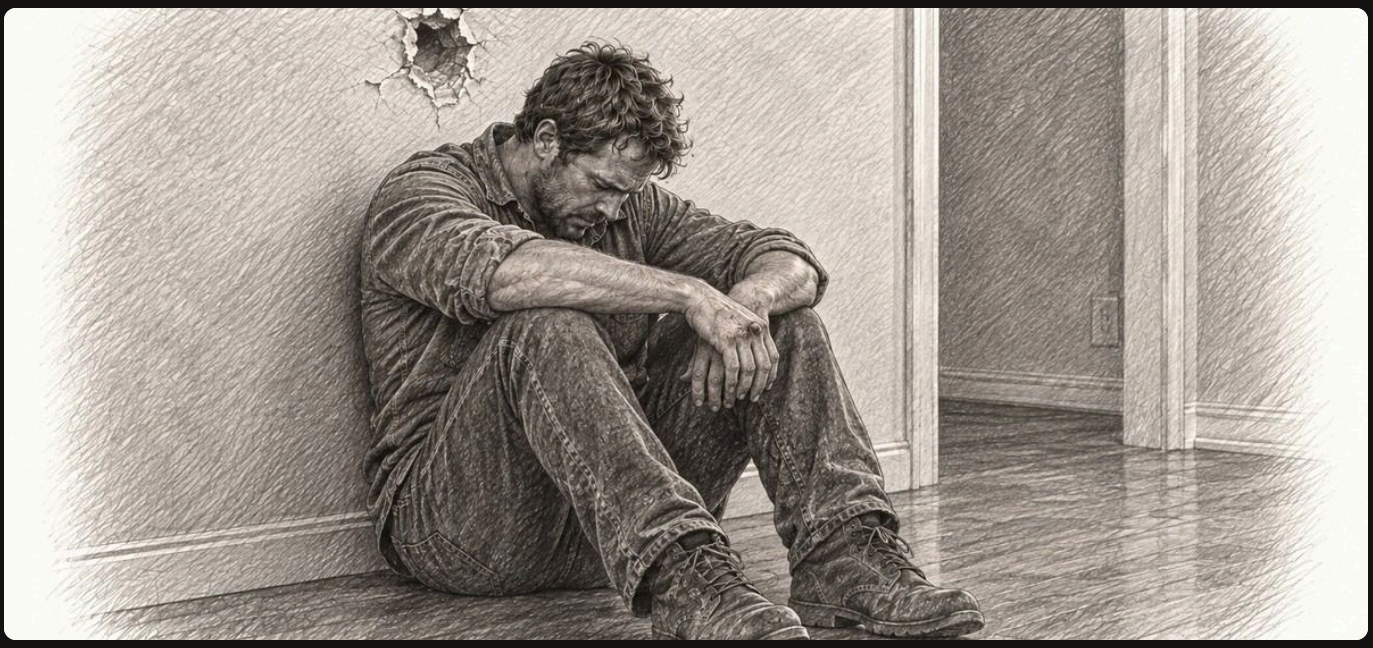
WHO GETS HURT MOST? The people closest to me, my coworkers, my witness, my own heart

MY PLAN FOR THE MOMENT Stop. Breathe. Pray. Walk away for a few minutes. Listen before I answer.

THE MAN WHO WILL HOLD ME TO IT His name, and when I will tell him

DAYS 1–7

WHERE ANGER LEADS



READINGS

- ☐ DAY 1 — Genesis 4:1–16
- ☐ DAY 2 — Genesis 27:30–45
- ☐ DAY 3 — 1 Samuel 18:6–16
- ☐ DAY 4 — 1 Samuel 25
- ☐ DAY 5 — Numbers 20:1–13
- ☐ DAY 6 — Jonah 4
- ☐ DAY 7 — 2 Kings 5:1–14

WHAT THIS SECTION IS ABOUT

Before God gives a single command about anger, He shows you where it goes. This week you will watch a man kill his brother in a field, another plan his brother's murder, a king hurl a spear at a young man, and David strap on his sword. You will see anger cost Moses the promised land, and you will hear God ask Jonah a question He still asks men today.

> *"If you do not do well, sin is crouching at the door. Its desire is for you, and you must rule over it."*
>
> GENESIS 4:7 (ESV)

DAY 1 · WHERE ANGER LEADS

☐ READ GENESIS 4:1–16

SIN CROUCHING AT THE DOOR

Cain brought an offering, and God did not accept it. “So Cain was very angry, and his face fell” (4:5). Before Cain did anything, God came to him with a question and a warning: “Why are you angry, and why has your face fallen? … sin is crouching at the door. Its desire is for you, and you must rule over it” (4:6–7).

Anger is the moment sin crouches at the door, waiting. Cain did not rule over it. “Cain rose up against his brother Abel and killed him” (4:8). The first murder in the Bible started as a fallen face and a heart that would not listen to God. The fight with anger is won or lost at the door, before it gets in.

SEE IT What two questions does God ask Cain, and what does He warn him about (4:6–7)?

UNDERSTAND IT What does it mean that sin is “crouching at the door”?

LIVE IT What is usually going on in you right before your anger gets out?

WHAT I’M TAKING WITH ME TODAY

DAY 2 · WHERE ANGER LEADS

☐ READ GENESIS 27:30–45

A GRUDGE THAT PLANS REVENGE

Jacob had cheated Esau out of his blessing, and Esau had a right to be hurt. But hurt turned to hatred: "Now Esau hated Jacob because of the blessing … and Esau said to himself, 'The days of mourning for my father are approaching; then I will kill my brother Jacob'" (27:41).

Notice that Esau said it "to himself." Not all anger explodes. Some of it goes quiet and starts making plans. Rebekah put it plainly: "your brother Esau comforts himself about you by planning to kill you" (27:42). A grudge can feel like comfort, but it eats a man from the inside and can split a family for years.

SEE IT What did Esau say to himself about Jacob (27:41)?

UNDERSTAND IT How can a grudge become a kind of "comfort" to a man (27:42)?

LIVE IT Is there a grudge you have been quietly feeding? Against whom?

WHAT I'M TAKING WITH ME TODAY

DAY 3 · WHERE ANGER LEADS

☐ READ 1 SAMUEL 18:6–16

SAUL'S JEALOUS RAGE

The women sang, "Saul has struck down his thousands, and David his ten thousands." "And Saul was very angry, and this saying displeased him" (18:7–8). A song hurt his pride. "And Saul eyed David from that day on" (18:9).

The next day Saul hurled a spear, thinking, "I will pin David to the wall" (18:11). Anger that grows from jealousy does not stay small. It watches, it waits, and then it strikes. Saul had a kingdom, an army and God's anointing, and he lost them to a heart that could not stand to see another man praised.

SEE IT What made Saul so angry, and what did he do the next day (18:7–11)?

UNDERSTAND IT How did jealousy feed Saul's anger?

LIVE IT Whose success or praise stirs something ugly in you?

WHAT I'M TAKING WITH ME TODAY

DAY 4 · WHERE ANGER LEADS

☐ READ 1 SAMUEL 25

A WISE WORD TURNS DAVID BACK

Nabal insulted David's men, and David answered with, "Every man strap on his sword!" (25:13). He planned to leave no male alive by morning. A good man was about to do a terrible thing in anger.

Then Abigail met him on the road with food and humble, wise words. David listened: "Blessed be your discretion, and blessed be you, who have kept me this day from bloodguilt" (25:33). Even good men need someone to stop them. And when the moment comes, the wise man listens instead of pushing past.

SEE IT What did David plan to do, and what changed his mind (25:13, 32–34)?

UNDERSTAND IT Why was David able to listen to Abigail in the heat of the moment?

LIVE IT Who in your life can tell you to stop, and will you listen when they do?

WHAT I'M TAKING WITH ME TODAY

DAY 5 · WHERE ANGER LEADS

☐ READ NUMBERS 20:1–13

ANGER COSTS A GOOD MAN

Moses had put up with Israel's complaining for years. At Meribah, God told him to speak to the rock. Instead, Moses said, "Hear now, you rebels: shall we bring water for you out of this rock?" and "struck the rock with his staff twice" (20:10–11).

Water still came, but God said, "Because you did not believe in me, to uphold me as holy in the eyes of the people of Israel, therefore you shall not bring this assembly into the land" (20:12). One angry moment cost the meekest man on earth what he had waited forty years to see. Frustration that builds over years can break out in a moment you regret for the rest of your life.

SEE IT What did God tell Moses to do, and what did Moses do instead (20:8–11)?

UNDERSTAND IT Why did God treat this one angry moment so seriously (20:12)?

LIVE IT What frustration has been building in you for a long time?

WHAT I'M TAKING WITH ME TODAY

DAY 6 · WHERE ANGER LEADS

☐ READ JONAH 4

GOD QUESTIONS JONAH'S ANGER

God spared Nineveh, "But it displeased Jonah exceedingly, and he was angry" (4:1). Jonah was angry that God was "gracious … and merciful, slow to anger and abounding in steadfast love" (4:2). He was angry at the very thing that had saved his own life.

God asked him, "Do you do well to be angry?" (4:4). Then God gave Jonah a plant for shade, and when it withered, Jonah was angry again. God asked, "Do you do well to be angry for the plant?" Jonah answered, "Yes, I do well to be angry, angry enough to die" (4:9). He cared more about his shade than about a city full of people. Angry men are almost always sure they are right. God's question is worth asking every time: Is this anger about God's glory, or about my own comfort and my own way?

SEE IT What did God ask Jonah twice, and how did Jonah answer (4:4, 9)?

UNDERSTAND IT Why was Jonah angry at God's mercy?

LIVE IT The next time you are angry, how would you answer, "Do you do well to be angry?"

WHAT I'M TAKING WITH ME TODAY

DAY 7 · WHERE ANGER LEADS

☐ READ 2 KINGS 5:1–14

NAAMAN'S RAGE, NAAMAN'S HUMILITY

Naaman was "a mighty man of valor, but he was a leper" (5:1). When Elisha sent word to wash in the Jordan seven times, "Naaman was angry and went away" (5:11). He had pictured how it should go, and it did not go his way. "So he turned and went away in a rage" (5:12).

His servants calmed him with a gentle word: "My father, it is a great word the prophet has spoken to you; will you not do it?" (5:13). Naaman swallowed his pride, "went down and dipped himself seven times in the Jordan," and was made clean (5:14). Pride walks away in a rage. Humility goes down into the water.

SEE IT Why was Naaman angry, and what did his servants say to him (5:11–13)?

UNDERSTAND IT How was Naaman's anger tied to his pride and expectations?

LIVE IT When has your pride, or things not going your way, made you angry?

WHAT I'M TAKING WITH ME TODAY

END OF DAYS 1–7

WHERE ANGER LEADS

FORGE IT

Fill out your “My anger map” page. Then, each night this week, write down one moment you felt anger rise and how you handled it.

MAN TO MAN

WHICH OF THESE MEN DO YOU SEE YOURSELF IN, AND WHAT USUALLY SETS YOU OFF?

FOLLOW-UP: Tell another man about the last time your anger got away from you, and what it cost.

WHO I TALKED WITH, AND WHAT I LEARNED

MEMORY VERSE

“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)

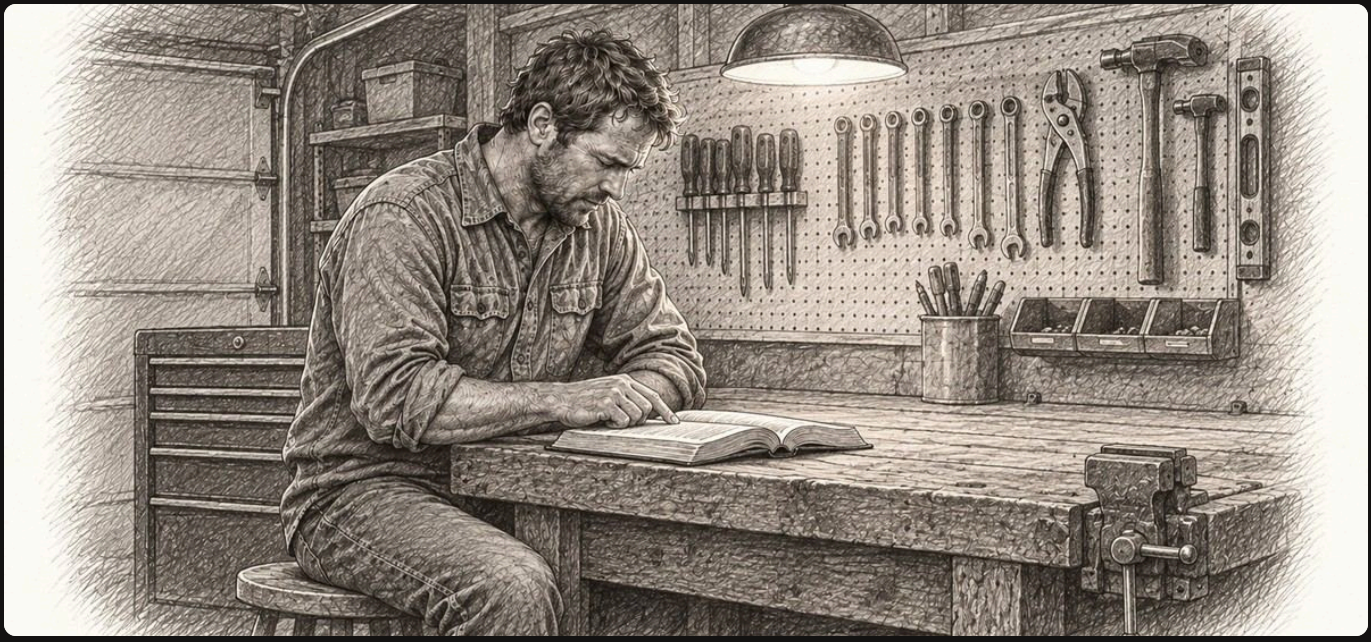
PRAYER PROMPTS

- Ask God to show you where your anger has been leading you.
- Confess the times your anger has hurt someone.
- Thank Him for the people He has sent, like Abigail, to turn you back.
- Ask Him for the strength to rule over sin before it opens the door.

WHAT GOD SHOWED ME IN THIS SECTION

DAYS 8–14

WHAT GOD SAYS



READINGS

- ☐ DAY 8 — Psalm 37:1–11
- ☐ DAY 9 — Proverbs 14
- ☐ DAY 10 — Proverbs 15:1–18
- ☐ DAY 11 — Proverbs 16:20–32
- ☐ DAY 12 — Proverbs 29
- ☐ DAY 13 — Ecclesiastes 7:1–14
- ☐ DAY 14 — Matthew 5:21–26

WHAT THIS SECTION IS ABOUT

Proverbs has more to say about the hot-tempered man than almost any book in the Bible. This week you will read why a quick temper is foolish, how a soft answer turns away wrath, why a man who rules his spirit is stronger than a soldier, and what Jesus said about anger in the heart. You will end at the altar, learning to go and make things right.

> *"A soft answer turns away wrath, but a harsh word stirs up anger."*
>
> PROVERBS 15:1 (ESV)

DAY 8 · WHAT GOD SAYS

☐ READ PSALM 37:1–11

REFRAIN FROM ANGER

David begins, “Fret not yourself because of evildoers” (37:1). Much of our anger comes from watching wrong people get ahead: the cheater who gets promoted, the man who lies and wins. David says to look further down the road: “they will soon fade like the grass” (37:2).

Then he gives a man something to do with that heat: “Trust in the Lord, and do good” (37:3). “Be still before the Lord and wait patiently for him” (37:7). “Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil” (37:8). Fretting never fixes anything. Trust does.

SEE IT What does David tell a man to do in place of fretting (37:3–7)?

UNDERSTAND IT Why does David say fretting “tends only to evil” (37:8)?

LIVE IT Who is “getting away with it” right now in a way that makes you angry?

WHAT I’M TAKING WITH ME TODAY

DAY 9 · WHAT GOD SAYS

☐ READ PROVERBS 14

SLOW TO ANGER, GREAT UNDERSTANDING

“A man of quick temper acts foolishly” (14:17). Solomon does not say a quick-tempered man is strong or honest. He says he is foolish. The words come out first, and the thinking comes later.

Then the contrast: “Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly” (14:29). A hot temper puts foolishness on display for everyone to see. And Solomon adds, “A tranquil heart gives life to the flesh” (14:30). A calm heart is not weakness. It is understanding, and it is good for you.

SEE IT What does Solomon say about the quick-tempered man and the slow-to-anger man (14:17, 29)?

UNDERSTAND IT How does a “hasty temper” put folly on display?

LIVE IT What did your temper “exalt” the last time it flared?

WHAT I’M TAKING WITH ME TODAY

DAY 10 · WHAT GOD SAYS

☐ READ PROVERBS 15:1–18

A SOFT ANSWER

"A soft answer turns away wrath, but a harsh word stirs up anger" (15:1). Every argument has a moment where someone decides whether it gets bigger or smaller. A soft answer is not giving in. It is choosing to put water on the fire instead of gasoline.

Solomon comes back to it at the end: "A hot-tempered man stirs up strife, but he who is slow to anger quiets contention" (15:18). And he reminds us what matters: "Better is a dinner of herbs where love is than a fattened ox and hatred with it" (15:17). A plain meal in a peaceful house beats a feast in a tense one.

SEE IT What does a soft answer do, and what does a harsh word do (15:1)?

UNDERSTAND IT Why is a soft answer harder, and stronger, than a harsh one?

LIVE IT Where do you most need to practice the soft answer this week?

WHAT I'M TAKING WITH ME TODAY

DAY 11 · WHAT GOD SAYS

☐ READ PROVERBS 16:20–32

BETTER THAN A MIGHTY MAN

"Gracious words are like a honeycomb, sweetness to the soul and health to the body" (16:24). But "a worthless man plots evil, and his speech is like a scorching fire" (16:27). The same mouth can bring healing or burn a house down.

Then comes one of the great verses on anger: "Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city" (16:32). The world praises the man who conquers. God praises the man who conquers himself. It takes more strength to hold back than to lash out.

SEE IT What does Solomon compare the slow-to-anger man to (16:32)?

UNDERSTAND IT Why is ruling your spirit harder than taking a city?

LIVE IT In what situation this week will you need to "rule your spirit"?

WHAT I'M TAKING WITH ME TODAY

DAY 12 · WHAT GOD SAYS

☐ READ PROVERBS 29

A FOOL GIVES FULL VENT

"A fool gives full vent to his spirit, but a wise man quietly holds it back" (29:11). The world tells a man to let it all out. God says the wise man knows how to hold it in until he can deal with it rightly.

Solomon goes on: "A man of wrath stirs up strife, and one given to anger causes much transgression" (29:22). Anger rarely sins alone. It brings harsh words, rash decisions and broken trust with it. And "Do you see a man who is hasty in his words? There is more hope for a fool than for him" (29:20).

SEE IT What is the difference between the fool and the wise man in 29:11?

UNDERSTAND IT What other sins does anger tend to bring with it (29:22)?

LIVE IT Are you more likely to give full vent or to quietly hold it back? What does it cost you?

WHAT I'M TAKING WITH ME TODAY

DAY 13 · WHAT GOD SAYS

☐ READ ECCLESIASTES 7:1–14

ANGER LODGES IN FOOLS

“Be not quick in your spirit to become angry, for anger lodges in the heart of fools” (7:9). To lodge is to move in and stay. Everyone feels a flash of anger now and then. The fool lets it unpack its bags and live with him.

The Preacher also says, “the patient in spirit is better than the proud in spirit” (7:8). Much of our anger is pride that has been bumped. And he gives a cure for fretting about the past: “Say not, ‘Why were the former days better than these?’” (7:10). Patience trusts that God is working, even in the day of adversity (7:14).

SEE IT Where does anger “lodge,” according to 7:9?

UNDERSTAND IT How is pride connected to a short temper (7:8)?

LIVE IT What anger has moved in and stayed in your heart?

WHAT I’M TAKING WITH ME TODAY

DAY 14 · WHAT GOD SAYS

☐ READ MATTHEW 5:21–26

GO AND BE RECONCILED

Jesus took the command “You shall not murder” and went straight to the heart: “everyone who is angry with his brother will be liable to judgment” (5:21–22). Murder starts long before a hand is raised. It starts with contempt, insults and words like “You fool!”

Then Jesus makes it urgent. If you are at the altar and “remember that your brother has something against you, leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift” (5:23–24). God does not want worship from a man who will not make things right.

SEE IT What does Jesus say about anger and insults (5:22)?

UNDERSTAND IT Why would Jesus tell a man to leave his gift at the altar (5:23–24)?

LIVE IT Who has something against you right now? What will you do about it?

WHAT I’M TAKING WITH ME TODAY

END OF DAYS 8–14

WHAT GOD SAYS

FORGE IT

Practice the soft answer. The next three times you feel your voice rise, lower it on purpose and answer slowly. Write down what happened.

MAN TO MAN

PROVERBS 16:32 SAYS RULING YOUR SPIRIT IS BETTER THAN TAKING A CITY. WHERE DOES THAT FIGHT HAPPEN FOR YOU?

FOLLOW-UP: Ask another man to tell you honestly whether you come across as a hot-tempered man or a patient one.

WHO I TALKED WITH, AND WHAT I LEARNED

MEMORY VERSE

"A soft answer turns away wrath, but a harsh word stirs up anger."

PROVERBS 15:1 (ESV)

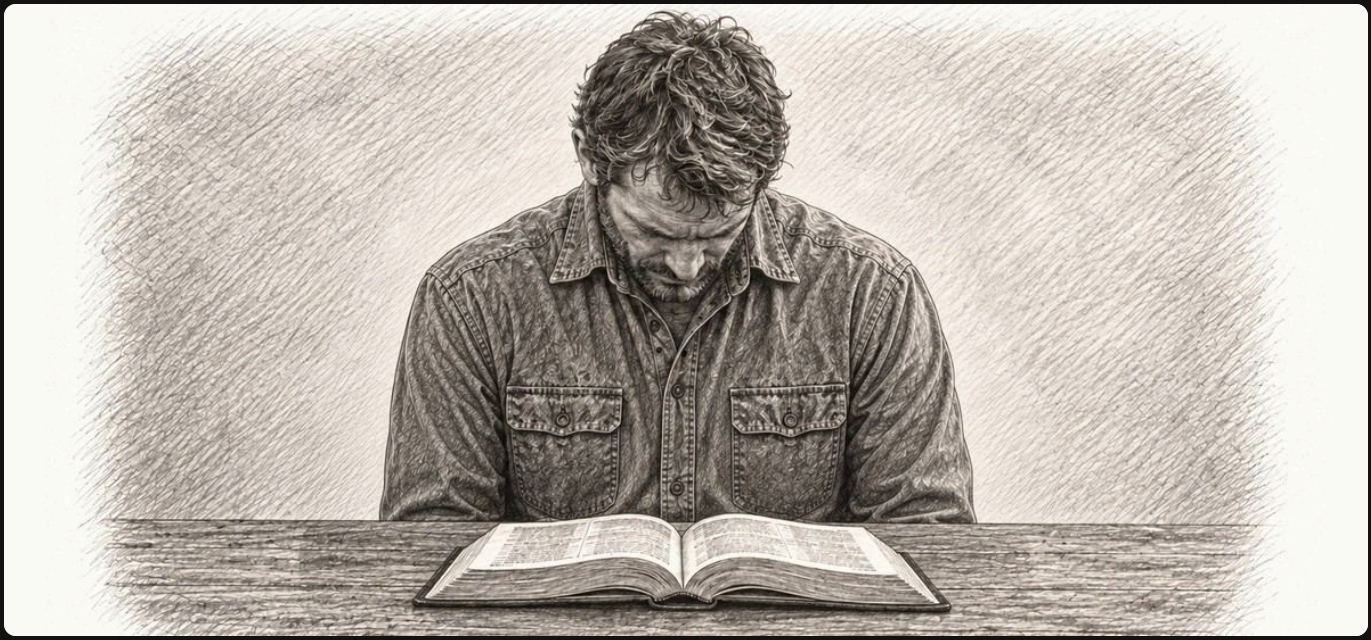
PRAYER PROMPTS

- Ask God for a heart that is slow to anger.
- Confess any harsh words you used this week.
- Ask Him for the wisdom to quietly hold your spirit back.
- Pray for the person you need to be reconciled to.

WHAT GOD SHOWED ME IN THIS SECTION

DAYS 15–21

THE LORD'S EXAMPLE



READINGS

- ☐ DAY 15 — Exodus 34:1–9
- ☐ DAY 16 — Psalm 103
- ☐ DAY 17 — Mark 3:1–6
- ☐ DAY 18 — John 2:13–22
- ☐ DAY 19 — 1 Peter 2:18–25
- ☐ DAY 20 — Luke 23:26–43
- ☐ DAY 21 — Romans 12:9–21

WHAT THIS SECTION IS ABOUT

God Himself is "slow to anger." This week you will hear Him say so to Moses, sing it with David, and then watch Jesus. He was angry at hard hearts and drove the money-changers out of the temple. But when He was mocked, beaten and nailed to the cross, He did not revile in return. He prayed for the men who did it.

> *"When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly."*
>
> 1 PETER 2:23 (ESV)

DAY 15 · THE LORD'S EXAMPLE

☐ READ EXODUS 34:1–9

SLOW TO ANGER, RICH IN LOVE

Israel had just worshiped a golden calf, and Moses had broken the first tablets. God had every reason to be angry. Instead He came down and proclaimed His name: "The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness" (34:6).

God does get angry. He "will by no means clear the guilty" (34:7). But His anger is slow and His love is abundant. When we learn to be slow to anger, we are not just learning to manage stress. We are learning to be like our Father. "And Moses quickly bowed his head toward the earth and worshiped" (34:8).

SEE IT How does God describe Himself to Moses (34:6–7)?

UNDERSTAND IT Why does it matter that God is "slow to anger" and not "never angry"?

LIVE IT What would it look like for you to be "slow to anger, and abounding in steadfast love" at home or work?

WHAT I'M TAKING WITH ME TODAY

DAY 16 · THE LORD'S EXAMPLE

☐ READ PSALM 103

HE DOES NOT KEEP HIS ANGER FOREVER

"The Lord is merciful and gracious, slow to anger and abounding in steadfast love. He will not always chide, nor will he keep his anger forever" (103:8–9). God does not hold onto anger the way we do. He does not keep score and bring it up again.

"He does not deal with us according to our sins" (103:10). "As far as the east is from the west, so far does he remove our transgressions from us" (103:12). "For he knows our frame; he remembers that we are dust" (103:14). A man who remembers how patient God has been with him finds it easier to be patient with others.

SEE IT What does David say God will not do with His anger (103:9–10)?

UNDERSTAND IT How far does God remove our sins from us, and why (103:12–14)?

LIVE IT Whose sins against you do you keep bringing up?

WHAT I'M TAKING WITH ME TODAY

DAY 17 · THE LORD'S EXAMPLE

☐ READ MARK 3:1–6

ANGRY AT HARD HEARTS

A man with a withered hand stood in the synagogue, and the Pharisees watched Jesus, hoping to accuse Him. Jesus asked, "Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?" "But they were silent" (3:4).

"And he looked around at them with anger, grieved at their hardness of heart" (3:5). Notice what made Jesus angry: hard hearts that cared more about rules than a hurting man. And notice what He did with it: He healed the man. Righteous anger is grieved by sin, and it moves a man to do good, not harm.

SEE IT What made Jesus angry, and what was He feeling along with it (3:5)?

UNDERSTAND IT What did Jesus do with His anger?

LIVE IT When you are angry, is it usually over sin and hurting people, or over your own rights?

WHAT I'M TAKING WITH ME TODAY

DAY 18 · THE LORD'S EXAMPLE

☐ READ JOHN 2:13–22

ZEAL FOR GOD'S HOUSE

Jesus found the temple turned into a market. "And making a whip of cords, he drove them all out of the temple" and "overturned their tables" (2:15). He said, "do not make my Father's house a house of trade" (2:16). His disciples remembered, "Zeal for your house will consume me" (2:17).

Some men use this passage to excuse their temper. But Jesus was not defending His pride or His comfort. He was defending His Father's honor. And He was in full control: He took the time to make a whip of cords. Righteous anger is about God, not about me, and it never loses control.

SEE IT What did Jesus do in the temple, and what did He say (2:15–16)?

UNDERSTAND IT How was Jesus' anger different from the anger most men feel?

LIVE IT Have you ever excused your temper as "righteous anger"? Was it really about God?

WHAT I'M TAKING WITH ME TODAY

DAY 19 · THE LORD'S EXAMPLE

☐ READ 1 PETER 2:18–25

REVILED, HE DID NOT REVILE

Peter wrote to servants who were sometimes treated unjustly. He said, "if when you do good and suffer for it you endure, this is a gracious thing in the sight of God" (2:20). Then he pointed to Jesus, "leaving you an example, so that you might follow in his steps" (2:21).

"When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly" (2:23). Jesus had every right and all the power to strike back. Instead He handed His case to the Father. You do not have to win every fight. You can trust God to judge.

SEE IT What did Jesus not do when He was reviled and suffered (2:23)?

UNDERSTAND IT What does it mean to keep "entrusting himself to him who judges justly"?

LIVE IT Where are you being treated unfairly right now? How can you entrust it to God?

WHAT I'M TAKING WITH ME TODAY

DAY 20 · THE LORD'S EXAMPLE

☐ READ LUKE 23:26–43

FATHER, FORGIVE THEM

They nailed Him to the cross between two criminals. The rulers scoffed, the soldiers mocked, and one of the criminals railed at Him (23:35–39). If anyone ever had a right to be angry, it was Jesus on that day.

Instead, He said, "Father, forgive them, for they know not what they do" (23:34). And to a dying thief who asked for mercy, He said, "Truly, I say to you, today you will be with me in paradise" (23:43). The worst moment of His life was filled with forgiveness, not fury. That is the Lord we follow.

SEE IT What did Jesus say about the men who crucified Him (23:34)?

UNDERSTAND IT What does Jesus' prayer on the cross teach about forgiving people who are not sorry?

LIVE IT Who do you need to pray, "Father, forgive them," for today?

WHAT I'M TAKING WITH ME TODAY

DAY 21 · THE LORD'S EXAMPLE

☐ READ ROMANS 12:9–21

LEAVE VENGEANCE TO GOD

"Repay no one evil for evil" (12:17). "If possible, so far as it depends on you, live peaceably with all" (12:18). Paul knows that peace is not always possible, because the other person has a part too. But he tells you to do your part.

"Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, 'Vengeance is mine, I will repay, says the Lord'" (12:19). Getting even is God's job, not yours. Your job is harder: "if your enemy is hungry, feed him." "Do not be overcome by evil, but overcome evil with good" (12:20–21).

SEE IT What does Paul tell Christians to do with vengeance (12:19)?

UNDERSTAND IT What does it mean to "overcome evil with good" (12:21)?

LIVE IT Who is your "enemy" right now, and what good can you do for him?

WHAT I'M TAKING WITH ME TODAY

END OF DAYS 15–21

THE LORD'S EXAMPLE

FORGE IT

Pray for someone who has wronged you, by name, every day this week. Then do one kind thing for him (Romans 12:20).

MAN TO MAN

JESUS WAS ANGRY AT SIN BUT NEVER OUT OF CONTROL. WHAT IS THE DIFFERENCE IN YOUR OWN ANGER?

FOLLOW-UP: Name one person who has wronged you. Tell another man how you will entrust that to God instead of getting even.

WHO I TALKED WITH, AND WHAT I LEARNED

MEMORY VERSE

"Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord.""

ROMANS 12:19 (ESV)

PRAYER PROMPTS

- Thank God that He is slow to anger with you.
- Ask Him to make your anger like Christ's: aimed at sin, not at people.
- Pray for the person who has hurt you.
- Entrust to God the wrongs you cannot fix.

WHAT GOD SHOWED ME IN THIS SECTION

DAYS 22–28

PUTTING IT AWAY



READINGS

- ☐ DAY 22 James 1:19–27
- ☐ DAY 23 James 3
- ☐ DAY 24 James 4:1–12
- ☐ DAY 25 Ephesians 4:17–32
- ☐ DAY 26 Colossians 3:1–21
- ☐ DAY 27 Galatians 5:16–26
- ☐ DAY 28 Matthew 18:15–35

WHAT THIS SECTION IS ABOUT

Now the work gets practical. This week you will read what to do with your ears and your mouth, where quarrels really come from, how to be angry without sinning, and why the sun should not go down on your anger. You will put anger off and put on kindness, patience and self-control, and you will hear Jesus tell a story about a man who would not forgive.

> *"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice."*
>
> EPHESIANS 4:31 (ESV)

DAY 22 · PUTTING IT AWAY

☐ READ JAMES 1:19–27

QUICK TO HEAR, SLOW TO SPEAK

"Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger" (1:19). James gives the order on purpose. Listen first. Talk second. Get angry last, if at all. Most angry men have it backwards: quick to speak, quick to anger and slow to hear.

And he gives the reason: "for the anger of man does not produce the righteousness of God" (1:20). Yelling may get results for a moment, but it never produces the kind of life God wants. James adds that a man who "does not bridle his tongue but deceives his heart" has a worthless religion (1:26).

SEE IT What three things does James tell every person to be (1:19)?

UNDERSTAND IT Why does James say man's anger does not "produce the righteousness of God" (1:20)?

LIVE IT In your last argument, were you quick to hear or quick to speak?

WHAT I'M TAKING WITH ME TODAY

DAY 23 · PUTTING IT AWAY

☐ READ JAMES 3

TAMING THE TONGUE

"How great a forest is set ablaze by such a small fire! And the tongue is a fire" (3:5-6). Angry words travel fast and burn long. A man can say something in five seconds that someone will remember for fifty years.

"No human being can tame the tongue" (3:8). That is why we need help from above. James says, "the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits" (3:17). And he gives a promise to peacemakers: "a harvest of righteousness is sown in peace by those who make peace" (3:18).

SEE IT What does James compare the tongue to (3:3-6)?

UNDERSTAND IT What is the wisdom from above like (3:17)?

LIVE IT What angry words of yours might someone still remember? What can you do about it?

WHAT I'M TAKING WITH ME TODAY

DAY 24 · PUTTING IT AWAY

☐ READ JAMES 4:1–12

WHERE QUARRELS COME FROM

"What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you?" (4:1). We blame the other guy, the traffic or the stress. James says the fight starts inside: "You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel" (4:2).

The answer is not trying harder. It is humbling yourself. "God opposes the proud but gives grace to the humble" (4:6). "Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you" (4:7–8). Most anger shrinks when a man gets low before God.

SEE IT Where does James say quarrels and fights come from (4:1–2)?

UNDERSTAND IT How does humbling yourself before God deal with anger at the root (4:6–10)?

LIVE IT In your last fight, what did you want that you were not getting?

WHAT I'M TAKING WITH ME TODAY

DAY 25 · PUTTING IT AWAY

☐ READ EPHESIANS 4:17–32

BE ANGRY AND DO NOT SIN

"Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil" (4:26–27). Paul admits that anger will come. But it comes with a deadline. Anger kept overnight becomes a foothold for the devil.

Then he says what must go: "Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice" (4:31). And what takes its place: "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you" (4:32). You do not just stop being angry. You start being kind.

SEE IT What limits does Paul put on anger (4:26–27)?

UNDERSTAND IT What six things does Paul say to put away, and what three things replace them (4:31–32)?

LIVE IT Is there anger you have carried past sundown? What will you do about it tonight?

WHAT I'M TAKING WITH ME TODAY

DAY 26 · PUTTING IT AWAY

☐ READ COLOSSIANS 3:1–21

PUT IT AWAY, LET PEACE RULE

"But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth" (3:8). A Christian has been raised with Christ (3:1). Anger belongs to the old self, the man he used to be, and it must go.

Then Paul tells him what to put on: "compassionate hearts, kindness, humility, meekness, and patience, bearing with one another" (3:12). "And let the peace of Christ rule in your hearts" (3:15). Let peace be the umpire. When anger and peace both want to make the call, let peace have the final word.

SEE IT What does Paul tell Christians to put away (3:8) and put on (3:12–14)?

UNDERSTAND IT What does it mean to let the peace of Christ "rule" in your heart (3:15)?

LIVE IT Which of the things in 3:12 do you most need to put on this week?

WHAT I'M TAKING WITH ME TODAY

DAY 27 · PUTTING IT AWAY

☐ READ GALATIANS 5:16–26

THE FRUIT OF SELF-CONTROL

Paul lists the works of the flesh, and anger is right in the middle: "enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions" (5:20). He does not call fits of anger a personality trait. He calls them a work of the flesh, and warns that "those who do such things will not inherit the kingdom of God" (5:21).

But there is another kind of fruit: "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control" (5:22–23). And Paul ends with a word for every man: "Let us not become conceited, provoking one another, envying one another" (5:26). Walk by the Spirit, and the fruit will grow.

SEE IT Which works of the flesh are listed beside "fits of anger" (5:19–21)?

UNDERSTAND IT How does walking by the Spirit change what grows in a man's life (5:16, 22–25)?

LIVE IT Which fruit of the Spirit do you most need in place of anger?

WHAT I'M TAKING WITH ME TODAY

DAY 28 · PUTTING IT AWAY

☐ READ MATTHEW 18:15–35

FORGIVE FROM YOUR HEART

Peter asked how often he had to forgive. “As many as seven times?” Jesus answered, “I do not say to you seven times, but seventy-seven times” (18:21–22). Then He told of a servant forgiven a debt he could never repay, who went out, found a man who owed him a little, “and seizing him, he began to choke him, saying, ‘Pay what you owe’” (18:28).

The master said, “Should not you have had mercy on your fellow servant, as I had mercy on you?” (18:33). Then Jesus said, “So also my heavenly Father will do to every one of you, if you do not forgive your brother from your heart” (18:35). A man who knows how much he has been forgiven has no room for a choke hold.

SEE IT How did the forgiven servant treat his fellow servant (18:28–30)?

UNDERSTAND IT Why does Jesus say we must forgive “from your heart” (18:35)?

LIVE IT Who are you holding by the throat, demanding they pay what they owe?

WHAT I’M TAKING WITH ME TODAY

END OF DAYS 22–28

PUTTING IT AWAY

FORGE IT

Do not let the sun go down on your anger. Before bed each night this week, settle anything still burning: pray, apologize or let it go.

MAN TO MAN

WHO DO YOU NEED TO GO TO THIS WEEK TO MAKE SOMETHING RIGHT?

FOLLOW-UP: Go to that person before Sunday. Tell another man you have done it, and how it went.

WHO I TALKED WITH, AND WHAT I LEARNED

MEMORY VERSE

"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."

EPHESIANS 4:32 (ESV)

PRAYER PROMPTS

- Ask God to show you the passion at war within you.
- Confess any bitterness you have been holding onto.
- Ask for the fruit of self-control.
- Thank Him for the great debt He has forgiven you.

WHAT GOD SHOWED ME IN THIS SECTION

DAYS 29–30

PEACE AT HOME



READINGS

- ☐ DAY 29 — Ephesians 5:25–6:4
- ☐ DAY 30 — 1 Peter 3:8–12

WHAT THIS SECTION IS ABOUT

The people who see a man's anger most are usually the people closest to him. These last two days bring everything home: gentleness with the people under your roof, and a life that seeks peace and pursues it.

> *"Let him turn away from evil and do good; let him seek peace and pursue it."*
>
> 1 PETER 3:11 (ESV)

DAY 29 · PEACE AT HOME

☐ READ EPHESIANS 5:25–6:4

GENTLE WITH YOUR WIFE AND CHILDREN

"Husbands, love your wives, as Christ loved the church and gave himself up for her" (5:25). Paul's companion letter says it plainly: "Husbands, love your wives, and do not be harsh with them" (Colossians 3:19). Many men are calm at work and short at home, because home is where they feel safe to let it out.

"Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord" (6:4). Whether or not you are married or a father, someone under your roof or in your circle feels the weather of your temper. Christ gave Himself up. That is the standard for every man at home.

SEE IT How does Paul tell husbands to love, and what does he tell fathers not to do (5:25; 6:4)?

UNDERSTAND IT Why is it often hardest to control anger at home?

LIVE IT Who feels the weather of your temper most? What do they need from you?

WHAT I'M TAKING WITH ME TODAY

DAY 30 · PEACE AT HOME

☐ READ 1 PETER 3:8–12

SEEK PEACE AND PURSUE IT

"Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind. Do not repay evil for evil or reviling for reviling, but on the contrary, bless" (3:8–9). The Christian answer to an insult is not a better insult. It is a blessing.

"Whoever desires to love life and see good days, let him keep his tongue from evil … let him seek peace and pursue it" (3:10–11). Peace does not just happen. A man has to go after it. These 30 days were a start. The rest of your life is the pursuit, and "the eyes of the Lord are on the righteous" (3:12).

SEE IT What does Peter tell Christians to do instead of repaying evil (3:9)?

UNDERSTAND IT What does it mean to "pursue" peace, not just wait for it (3:11)?

LIVE IT What is one way you will pursue peace this week?

WHAT I'M TAKING WITH ME TODAY

END OF DAYS 29–30

PEACE AT HOME

FORGE IT

Read your “My anger map” page again. Update it, and give a copy to the man who will hold you to it.

MAN TO MAN

WHAT WOULD THE PEOPLE CLOSEST TO YOU NOTICE IF YOU KEPT THIS UP?

FOLLOW-UP: Ask one person close to you what your anger is like to live with. Listen without defending yourself.

WHO I TALKED WITH, AND WHAT I LEARNED

MEMORY VERSE

“If possible, so far as it depends on you, live peaceably with all.”

ROMANS 12:18 (ESV)

PRAYER PROMPTS

- Thank God for every change He has made these 30 days.
- Pray by name for the people you live and work with.
- Ask Him to make you a peacemaker.
- Ask Him to let the peace of Christ rule in your heart.

WHAT GOD SHOWED ME IN THIS SECTION

THE FIRST STEP

NEW LIFE STARTS WITH THE GOSPEL.

Everything in this workbook is written to Christians, men who have been forgiven and added by the Lord to His church. If you have never obeyed the gospel, that is the first step home.

> *"Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit."*
>
> ACTS 2:38 (ESV)

Hear the good news that Jesus died for your sins and rose again (1 Corinthians 15:1–4). Believe it (John 8:24). Turn from sin (Acts 17:30). Confess your faith in Christ (Romans 10:9–10). Be buried with Him in baptism and rise to walk in newness of life (Romans 6:3–4). Then keep walking with Him, together with His church.

If you would like to study this with someone, the men of Ironworks would be glad to sit down with you.

KEEP GOING

ANOTHER 30-DAY PLAN

Sexual temptation, anxiety, money, loneliness, curse words, alcohol, technology, AI, marriage and fatherhood, at joinironworks.com.

FORGED IN THE WORD

The one-year reading plan for men, five readings a week.

BREAKFAST

Join the men of Ironworks the third Saturday of every month.





IRON SHARPENS IRON, AND ONE MAN SHARPENS ANOTHER.

PROVERBS 27:17 (ESV)

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