



5-Day Bible Reading Plan and Devotional Guide

Based on the Series: Resolved — Resolving Conflict God's Way

Day 1: The Anger Within

Reading: Matthew 5:21-26

Devotional: Jesus does not wait for a punch to be thrown before calling something dangerous. In this passage, He draws a straight line from unresolved anger to the courtroom of heaven. The crime is not only what we do but what we harbor. Before a single word is spoken, the inward posture of the heart is already under examination.

Ask yourself honestly today: Is there someone toward whom you carry silent anger? Bring it before God. He is not shocked by what He finds. He is waiting to heal it. Unexamined anger is a door left open to the enemy.

Personal Reflection: What anger have you been carrying quietly that you have not yet surrendered to God?

Practical Application: Set aside five minutes today to sit in silence before God and name the anger you have been holding. Do not justify it yet. Simply acknowledge it and ask Him to search your heart.

Day 2: Righteous or Self-Righteous

Reading: Galatians 5:19-25

Devotional: There is a difference between anger that grieves over sin and anger that grieves over inconvenience. Paul lists the works of the flesh and then

contrasts them with the fruit of the Spirit, which includes self-control.

Most anger we experience in the church is not righteous indignation over God's glory being violated. It is the flesh defending its comfort, its reputation, or its preferences. The fruit of your anger will tell you which kind it is. Bitterness, gossip, and broken relationships are not the harvest of righteous anger. They are the harvest of pride wearing a theological mask.

Personal Reflection: When you examine the fruit your anger has produced in a recent conflict, what does that fruit reveal about the true source of your anger?

Practical Application: Write down the last time you were genuinely offended by someone in the church. Then honestly answer: Was God's glory violated, or was your comfort violated? Let that answer guide your next step toward resolution.

Day 3: Do Not Let the Sun Go Down

Reading: Ephesians 4:25-32

Devotional: Paul's instruction to not let the sun go down on your anger is not merely practical marriage advice. It is a spiritual warning about territory. Every hour that unresolved anger sits unchecked, it calcifies. What begins as an offense becomes grief. Grief becomes a grudge. A grudge becomes a broken relationship. And all along the way, the enemy is being handed a foothold, a staging ground inside the very body of Christ.

Paul connects unresolved anger directly to giving the devil an opportunity. The church is not just damaged by outside persecution. It is often undone from within by anger that was never brought to the light.

Personal Reflection: Is there a conflict in your life that you have allowed to age past the point of a simple conversation? How long have you been carrying it?

Practical Application: Identify one unresolved offense you have been postponing addressing. Commit today to either bringing it before God in prayer or taking the first step toward a biblical conversation with that person this week.

Day 4: Pouring Out Your Heart Before God

Reading: Psalm 62:5-8 and Psalm 139:23-24

Devotional: David did not perform composure before God. He poured out his

heart with the force of water dumped from a bucket. He asked God to search him, to test him, to expose anything that was out of order. This kind of raw honesty before God is not weakness. It is wisdom.

When we vent to God rather than to our small group, our neighbor, or the internet, we protect relationships that our anger would otherwise damage. More importantly, we invite God to change our perception rather than simply validating our frustration. God is not threatened by your emotion. He is waiting for your surrender.

Personal Reflection: When you are hurt or angry, who or what do you typically turn to first? What does that pattern reveal about where you place your trust?

Practical Application: The next time you feel anger rising, physically remove yourself from the situation if needed and spend at least ten minutes in honest, unfiltered prayer before you speak to anyone else about what happened.

Day 5: Dead to Sin, Alive to Reconciliation

Reading: Romans 6:1-14 and 2 Corinthians 5:17-20

Devotional: The cross did not simply forgive the version of you ruled by anger. It executed that version of you. You were buried with Christ and raised to walk in newness of life. This means that uncontrolled anger is not your identity anymore. It is a garment you no longer have to wear.

Paul reminds us in 2 Corinthians that God reconciled the world to Himself through Christ and has now given us the ministry of reconciliation. A broken church cannot win a broken world. A divided body cannot carry a message of unity. The same grace that saved you is the grace you are called to extend to the brother or sister who offended you.

Personal Reflection: Do you truly believe that the resurrection power that raised Christ from the dead is available to you in the middle of a conflict? What would it look like to live as though you believed that today?

Practical Application: Choose one relationship marked by unresolved conflict or lingering anger. Write out a brief prayer surrendering that relationship fully to God and asking Him to make you an instrument of reconciliation rather than division. Keep that prayer somewhere visible this week as a daily reminder of the ministry you carry.