

Volume 4, Day 19: "Be Angry and Sin Not..." - Part 9 of 10

Anger arises in the soul, when and only when, some other emotion has been hurt. Anger management is what the scripture calls for. However, you cannot manage anything which eludes your understanding. ...

ANGER TOWARD ANOTHER PERSON: Ask yourself,

"Would you have any hesitation about expressing the opposite of anger?" and

"What do you believe would happen if you did the opposite behavior?"

The answers here should help you determine the reason for your angry expression (words or actions). The reason will be a belief which you have.

REMEMBER: Be specific as to the emotion not the expression (anger).

ABOUT THE BELIEF: Ask yourself,

"Not that it is true, but does my belief 'feel' true?"

Then, present that belief to God and pray,

"LORD, what do You want me to believe instead of what I do now?"

It is God's Holy Spirit who can correct your beliefs! Let Him do it! Often the Holy Spirit takes you to a Scripture which expresses a belief that will bring you relief. It may be another verse you memorized which brings with it a belief contrary to the one you held which precipitated your behavior (angry expression).

I found it most helpful to assume that what I had been believing needed to be changed. Jesus, never had a bad thought about people. He had an unfailing compassion and understanding of their emotional needs. He loves without conditions of behavior or motive. That is what His life, death, resurrection and ascension are all about.