

Volume 4, Day 11: “Be Angry and Sin Not...” - Part 1 of 10

Anger arises in the soul, when a specific emotion has been **‘hurt.’** Anger management is what the scripture calls for. However, you cannot manage anything which eludes your understanding. Simply screaming expletives or striking out at others can only be curbed when we determine what triggers our outburst. Anger management requires “discovery through analysis” of the root emotion which causes these extreme expressions (anger as a weapon of manipulation or warfare). **God’s way:** Jesus Christ was treated more unfairly than any other human being! Yet, **Jesus did not strike back!!!**

I separate anger from emotion since I now know that anger is the **volume of expression** that indicates that some **underlying emotion** is being **hurt**. I found my way out of my anger prison by letting God reveal the specific emotion that was hurt and letting him heal that wound permanently. After several emotions were resolved and released to his care, I released the rest of them on the same basis. Anger is the result of my insistence on having my emotional desires satisfied.

But then you ask, “What about Jesus’ anger expressed toward the religious leaders of his day?” Okay, then, “What about it?” To be sure there were several occasions when the Pharisees were verbally corrected by Jesus! However, we tend to think that He did it with malice. **He did not!** Jesus’ “righteous” anger was neither punitive nor malicious! His retorts were necessary to set the expression of truth straight. Jesus never expressed Himself strongly toward anyone over opinions that differed from His. He definitively **set the record straight** because our lives and eternal destinies were at stake! Jesus could not let falsehood stand just so that He would not offend or embarrass anyone. Jesus’ anger was not directed at people. His anger was directed at false teachings that would hurt His people.

Jesus even asked His Father to “forgive the Pharisees who crucified Him and mocked Him as He died...**for them too!**” Thus Jesus was angry and did not sin! Love like Jesus Loves and you will be angry and NOT sin!!!