

**Volume 4, Day 13: "Be Angry and Sin Not..." - Part 3 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. ...

So now you ask, "How exactly did you, or could I, eliminate the hurtful, normal human reactivity and replace it with a love which is not natural for us?" Thanks for asking! Unless and until you ask this question and sincerely desire to make this exchange, you will continue to hurt those who hurt yourself or those near you.

Let us ponder for a moment the manner in which we change anything we do. Everything we do is based on feelings. We may have developed habits which express themselves even when we don't think about it. However, those habits were formed initially by our reaction to some feeling. Repetition makes it happen seemingly automatically, but it began in response to a **hurt** feeling. [Let me clarify 'hurt.' Hurt means to damage or distort something. When that something is a 'feeling,' we immediately set about to correct the damage or distortion.] So in order to manage my angry responses to hurt feelings, I need to isolate the specific feeling and how that feeling became sensitized to the stimulus that triggers my rage (expressed as verbal or physical retaliation or silence or inaction but a definitive rejection of the source of the stimulus).

As we explore ourselves by identifying memories which have pain (embarrassment, inconvenience, and so forth) associated with them, we can uncover why we react, when others might not, to the same stimulus. As God's Spirit enlightens us as to why we feel hurt (a specific emotion), we can surrender that to Him. Once surrendered, peace ensues and freedom from that particular hurt in the future. If we refuse to surrender it to God, we will writhe in misery and continue to rage on!

**My Confirming Scriptures:      My Aligning Experiences:**

DEEPER Every Day -- John Henry Alan