

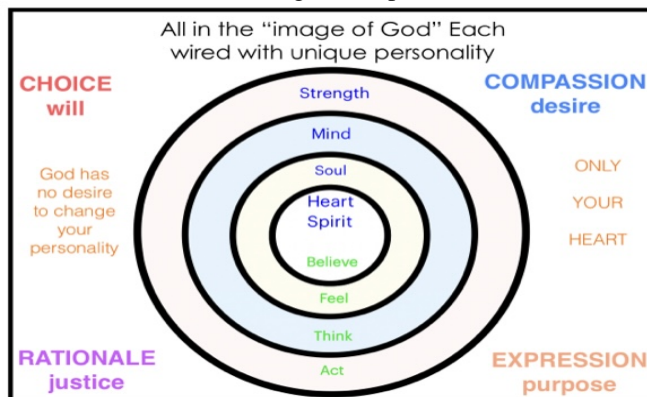
**Volume 4, Day 16: "Be Angry and Sin Not..." - Part 6 of 10**

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. ...

"...out of the abundance of the heart the mouth speaks." (Matt. 12:34) The progression mentioned in a previous day's message might be restated as, "What my spirit chooses to believe, when that belief is challenged or affirmed, creates a feeling {negative or positive}, which my mind ponders with regards to how to express my displeasure or my pleasure and then my body expresses those thoughts." We are "made in the Image of God." The four aspects of God's image in which we are made are: CHOICE, COMPASSION, RATIONALE and EXPRESSION. Our 'free will,' 'desire,' 'sense of justice' and 'purpose for communicating' correspond to God's ways. With the HEART we choose beliefs. With our SOUL we feel. With our MIND we think about what course of action or words we will use. And with our STRENGTH (body) we express ourselves (do or say). Jesus actually described this imagery in the Gospel of Mark.

In Mark 12:30 Jesus describes the likeness of humans in the image of God is having 4 unique parts:

Heart – Soul - Mind - Strength (expressions: word or action)



DEEPER Every Day -- John Henry Alan