

Volume 4, Day 18: “Be Angry and Sin Not...” - Part 8 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. ...

In order to affect changes in your motives you must first know what your motives are. We often hate in others the motives we cannot stand in ourselves. But we rarely notice that our opinions of others mostly assume that **everyone else is like me, warts and all**. So, when you are judging another person, snag that criticism and be introspective with it. It well could become a scalpel which will perform exploratory surgery, as it were, on your spirit (motives). And it is highly likely that all of this exploratory surgery will be painful.

When you dissect an angry expression and isolate the ‘hurt’ emotion and tie it to something you believe, you are prepared for ‘heart’ surgery. This can be performed with the assistance of a counselor (heart specialist) or with only the assistance of God, the ultimate physician, especially of the heart. The first step is to ask yourself, “Is my anger directed toward another person(s) or toward God?” If the answer is ‘both,’ process the anger toward another person separately from your anger toward God.

ANGER TOWARD GOD: Ask yourself,
“Why are you expressing anger toward God?” and
“What is it that I believe about what was just said or done that caused this particular emotion to be ‘hurt?’

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 the Lord 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! Just let Him do it!

DEEPER Every Day -- John Henry Alan