

Volume 4, Day 20: “Be Angry and Sin Not...” - Part 10 of 10

In summary, anger management is directed by God’s Word, but only applied by my choice. Blaming others for my ‘hurt’ feelings is counter-productive. It is only the truth about **myself** that will set **me** free. When I am free from all fear, pain, embarrassment and all other self-focus, I am free indeed!

All of my ‘hurt’ feelings boiled down to playing to the wrong audience. My concerns about pleasure, prosperity, popularity, reputation, power and control being found in a human audience caused every ‘hurt’ feeling! When I began playing to an audience of one, God, who loves me always and without conditions of behavior or motive or results, all ‘hurt’ feelings vanished.

Although I sort of backed into the truth of God’s Word using this practice to manage my anger by filling my heart with love, joy and peace, at least I discovered the truth is clearly stated in Galatians 5:16 “This I say then, Walk in the Spirit (of God) and you will not fulfill the desires (**p, p, p, r, p, c** above) of the flesh (my spirit). Notice the progression from choice of belief to expression. It will either be dictated by my spirit or God’s Spirit. It is my free will choice to do it myself or “let God” do it in every experience of life!

I now make a **cognitive choice** in every encounter **to surrender my choice** to the Spirit of God. **His** beliefs bring **His** feelings to bear such that **His** thoughts will specifically craft **His loving expression!**



My Confirming Scriptures:

My Aligning Experiences: