

Anger

INFORMATION

■ Anger is a symptom that points to some hurt in your life.

■ To find healing for that Anger.

Step 1) When you get angry, ask “Why does this of all things make me so angry?”

Step 2) Follow that question until you find the wound that you tend to lock up.

Step 3) Ask Jesus in prayer to heal that pain.

Step 4) Schedule an appointment with a pastor and possibly a therapist to talk about it.

Step 5) The goal is not to erase the hurt, but to recognize it and find better ways of finding healing for it than getting angry.

■ Counting to ten or giving space to oneself can be helpful when enraged.

SCRIPTURES

■ **James 1:19** — Be quick to listen, slow to speak, slow to anger.

■ **Ephesians 4:29-32** — Put away bitterness, wrath and anger. Forgive as Christ forgave you.

■ **Hebrews 12:14-15** — Make every effort to live in peace with all, see that no bitter root grows up to cause trouble.

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PRAYER

Savior Jesus, my anger has not provided the healing, respect, and intimacy that I want. Forgive me for the ways that I have hurt others. I place the hurt that is causing my anger in your hands. Heal me Lord Jesus. I need you. Amen.

SUGGESTED READING

- *The Angry Book* by Theodore Rubin (Touchstone, 1998)
- *Anger* by Gary Chapman (Northfield, 2007)
- *The Art of Forgiving* by Lewis Smedes (Ballantine, 1997)