

PREVENTING EMOTIONAL MELTDOWN
Overcoming Emotions that Destroy

GOD'S SOLUTION FOR MAN'S ANGER

By Jim Craddock

*Preventing Emotional Meltdown:
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God's Solution for Man's Anger*
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Printed in the United States of America
ISBN-10: 1-935452-75-4
ISBN-13: 978-1-935452-75-1

*Never underestimate what God can do through
the human heart fully committed to Him.*

INTRODUCTION TO EMOTIONS

Life was not supposed to be the way it is today. In the beginning, emotions were simply a reflection of the indwelling presence of God. In the Garden of Eden, Adam and Eve were to be spared of experiencing the terrible, debilitating affects of what I call “renegade emotions.” Their emotion spectrum consisted of *love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control* (Galatians 5:22-23), and many more that demonstrated the dynamic image of God within.

Renegade emotions did not come with God, they came with the Fall. They are a product of a nature now turned against God and permeated with an exceedingly powerful and evil force called sin. Not only did this turn Adam and Eve’s world upside down, but turned their emotions inside out. Instead of being master over their emotions, they became the victims of them.

So powerful are these emotions, man is no longer ruled by his reason, but rather by his emotions. Renegade emotions do not enhance a person’s life, they blackmail and destroy. Don’t take my word for it, just ask those who are suffering from the terrible blackness of despair that depression brings, or the excruciating pain that runaway anxieties produce.

We are guided and dominated by our emotions rather than our reason.

Satan delights in marginalizing the Christian through destructive emotional patterns. He did his best in trying to disable the great English preacher, Charles Hadden Spurgeon through depression. He attempted the same with Amy Carmichael, God’s worker for the children of India. No one is immune to these insidious emotions.

Of course, Satan wasted no time in developing an extensive, pervasive system to address the very problems he himself had created. To marginalize anyone from trusting God to heal and deliver them from these devastating renegade emotions, we find man attempting to do through secular means that which God does through spiritual means.

GOD’S THERAPIES THE WORLD MISSED!

The Prophet Jeremiah wrote these poignant words of God, “*Is there no balm in Gilead? Is there no physician there?*” (8:22a).

It is important to emphasize doctors are necessary when illnesses strike. When I have my reoccurring kidney stone attacks, I don’t call the local shrink; I head to the hospital for a bucket full of morphine. I might add God has gifted this nation with the most astounding medical science in history. God doesn’t disparage or condemn a Christian for going to a doctor or a counselor. Being a physician or a professional practitioner is both a high calling and an equally high responsibility.

Now many Christians also feel it is wrong to take medication, especially for the renegade emotions. They think it shows a lack of faith or else they feel it is just plain wrong. This is not true. There are times that medication is necessary. If I didn’t put drops in my eyes three times a

day, I would be totally blind. Without my high blood pressure medication, I would be flirting with a stroke.

So having said this, I would also say with equal firmness, we cannot allow the medical field to replace our faith in the sufficiency of Christ and His Word. That is a very real danger. In our day and age, we only begin to rush to God in prayer when the physician says there is no hope.

Believe me, there is no better therapy than the Spirit of God working through the Word of God, so the Son of God can do in our lives what cannot be done otherwise. The Bible deals with the renegade emotions and has done so before psychology or psychiatry ever came into existence.

God heals today! Often through the expertise of a doctor and just as often through an act of faith, He is our Balm of Gilead. As we trust the Spirit of God to work through a physician, so we must also trust the Spirit of God to work as only He can in the healing of our spirit, soul, and body.

EMOTIONS AN OVERVIEW

As most of us have experienced, emotions can be messy, debilitating, and dangerous. What can we do when our emotions run wild and threaten to overwhelm us? Worse, what happens when we lose control of our emotions and they begin to dominate us? These and other questions we will address in our *Preventing Emotional Meltdown: Overcoming Emotions that Destroy* series which are “*God’s Solution for Man’s Anger*,” “*God’s Solution for Man’s Anxiety*,” “*God’s Solution for Man’s Depression*,” “*God’s Solution for Man’s Fear*,” and “*God’s Solution for Man’s Guilt*.” You can obtain these books at www.HisTruthTransforms.org/Store.

The spectrum of human emotions is like a kaleidoscope, many colored and ever changing. We live in an emotionally charged world – emotions, not reason, govern our behavior. Billions of dollars are spent yearly by the marketing industry in its quest to manipulate our emotions. The medical field has undergone a paradigm change reflecting the demands for a quick fix and a feel good life. This has forced doctors to deal with symptoms rather than causes, with emotions rather than facts.

THE NATURE OF EMOTIONS

God wired us as emotional creatures. Unfortunately, our first parents’ short-circuited the system. Before Adam pulled his foolish mistake, emotions were positive, helpful, edifying, and satisfying.

As previously mentioned, after the Fall, a whole host of negative and harmful emotions arose. These renegade emotions are aggressively destructive such as anger, anxiety, depression, fear, guilt, and hatred. These emotions have the ability to blackmail us and hold us captive. Either we conquer them or they could conquer us!

The Bible gives us an account of the first case of renegade emotions - guilt, fear, and dread. Adam, along with Eve, believed the devil’s lies as God’s truth and God’s truth as the devil’s lies and in so doing got snake-bit (Genesis 3). They knew they had transgressed God’s explicit commands and were, in fact, guilty. Because they were guilty, they, for the first time ever, experienced fear – they were afraid of God. It was fear that caused them to hide from God, their

love of God had become the dread of God, for they feared the punishment that was to be meted out.

Basically, emotions tell us what we feel is right or what we feel is wrong, a case of pleasure vs. pain. Emotions are the means that both body and mind communicate to us. They are messengers. This is why it is so important to ask ourselves why do we feel the way we feel? There is a reason we feel the way we do. However, it is also important to realize our negative emotions can be organic in nature. In other words, emotions might be telling us there is a physical problem.

Emotions are messengers.

CASE HISTORIES

A wife came in and wanted me to tell her how she could have her husband's head on a platter. From what she related to me, he was worthless, useless, baseless, the meanest, orneriest, and most miserable human being ever to set foot on planet earth.

I asked her when the last time she had a medical checkup. Never! I suggested she go to her family doctor and make certain everything was in order. It wasn't. Six months later she called and thanked me for saving her marriage. "But I didn't do anything," I protested. "You sent me to a doctor and he discovered I had a very serious case of blood-sugar imbalance. It has changed my life," she went on to say, "I have the most wonderful husband in the world!"

A husband brought his frazzled wife in. She looked like she had grabbed ahold of a hot wire. Her hair all but stood straight up. Here was a bomb with a very short fuse. I think every emotion of the human spectrum were at overload. She was afraid she was crazy. He was convinced she was! It turned out though that it wasn't her nerves, but her thyroid. The thyroid was fixed and she was fixed.

A doctor's wife came in. "Don't tell me I am entering into early menopause," she declared. "I have checked with two of our doctor friends and they assure me I am not. What do you think my problem is," she asked. "Early menopause," I replied. Explosion!!! Later, she called and admitted I was right. Her doctor friends were just trying to be polite. When hormones go crazy so does the person.

Often haywire emotions are the result of an organic problem, one that needs medical attention. I have met with people who were convinced they were going insane only to find that there was an imbalance or hormone deficiency. Post-partum depression is frequent, blood disorders usually show themselves through emotional upheaval. Don't rush to judgment.

So, how do we keep our emotions in check, and what do we do when we can't or won't? The sense of losing control of our emotions is devastating.

OUR HELPER

Remember, you cannot conquer your emotions yourself, you must put the Spirit of God to work and allow Him, through you, to overcome your renegade emotions. We have the Holy Spirit to

help us express our emotions in a healthy way: in a way that frees us from bondage to our renegade emotions and allows us to honor and express God's heart and character.

Our emotions are not to be the authority of our lives. We are to recognize our renegade emotions as indicators to connect to the Father's heart. He will cause us to examine where the Holy Spirit is urging us to appropriate His truth in bringing about healing from the chaos of damaging emotions.

It is God who replaces our renegade emotions with the Spirit-filled emotions that are *love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control* (Galatians 5:22-23), and many more that demonstrate the dynamic image of God.

May what you learn move you to a closer intimacy to Jehovah Rapha, the One who heals, because Jesus Christ has, indeed, given us everything for life and godliness (2 Peter 1:3).

God bless you as you undertake a wonderful adventure.

GOD'S SOLUTION FOR MAN'S ANGER

GETTING AQUAINTED WITH AN UNRULY GUEST

You didn't invite it in, but its here and here to stay until it is kicked out! This, of course, doesn't say much about Adam's legacy which he left us. In the wake of the emotional devastation caused by the Fall, anger is the most conspicuous. In fact, the best thing that I or the Bible can say about anger is that it is a catastrophe waiting to happen.

For example, the very first murder in all of human history was caused by anger. How do I know? Because there was an eye-witness account left us. You can read it for yourself.

So Cain became very angry and his countenance fell. Then the Lord said to Cain, 'Why are you angry? And why has your countenance fallen? If you do well, will not your countenance be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it'" Genesis 4:5-7.

"One day Cain suggested to his brother, 'Let's go out into the fields.' And while they were in the field, Cain attacked his brother, Abel, and killed him" Genesis 4:8, The New Living Translation (NLT).

If the Bible is right and it is, anger is neither good nor healthy. Unresolved and unrestrained anger can lead to a whole host of things all of which aren't very good. The worst thing anger does is to open the door to Satan to wreak his havoc in a person's life and relationships. This is not just my opinion; it is stated plainly in God's Word.

*"And 'don't sin by letting anger control you.' Don't let the sun go down while you are still angry, **for anger gives a foothold to the devil**"* Ephesians 4:26-27, NLT.

Anger is simply not a good showcase for Christian maturity. If you want to marginalize your testimony, get angry. You might feel the one who is the focus of your anger deserves it and therefore, your anger is justified. Wrong! Nowhere in the Bible is anger condoned or encouraged.

"Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior" Ephesians 4:31, NLT.

I am afraid that most of us at one time or another has laid out someone with some very heated words and expressions. There are those who flare up quickly and there are others who are the clam up/blow up type. However, when all is said and done, you will find that the Holy Spirit is not taking the object of your wrath to task, but you! You see, people don't put anger in us, they just draw it out.

ANGER REQUIRES A VICTIM

Anger invariably leads to some kind of response. It is a directed emotion. We feel we need to "get it off our chest," so we verbally vomit all over the person whom we feel is the culprit. Now, I will be the first to admit that there is a morbid sense of satisfaction of having said our piece, but

have we really gained anything? We might leave our wife in tears, our kids in terror, our co-workers shell shocked, and our cardiologist richer, but all we have done is to draw God's attention to us – and, mind you it is not the kind of attention we want.

Anger is like dynamite, it needs a detonator to set it off. All anger is the result of someone or something that lit the fuse. Of course, not all anger is directed outwardly – a great deal of anger is pointed internally and the result usually is depression. You see, anger directed outwardly gives some sense of release of satisfaction, but there is no sense of that in anger directed toward ones' self.

Unresolved anger that is directed inwardly is like committing emotional suicide. It overrides every other emotion and we usually end up with the hopelessness of depression. Getting mad at one's self is not the best way for behavior modification. Yet, there are many who seem to delight in beating themselves up.

Misdirected anger is another cliff hanger. Somehow many people get in their minds that God is to blame for everything that goes wrong. Anger at God is the most futile gesture one can do. Somewhere along the line some empty-headed professional said we must forgive God. Excuse me! Are we greater than God? Only God can forgive sins – to forgive God is an oxymoronic thought at the best.

Actually, God could care less whether we are angry with Him or not, as long as we are willing to receive the love He is so desirous we experience. Strange, that we can be so quick to express anger at those we are closest to. Whether it be God, wife, husband, children, in-laws, out-laws or whoever, God has the antidote to turn something unpleasant into something most pleasant – that is love.

PETTING A PORCUPINE

I have heard over and over again people being admonished to control their anger. Of course, this is like trying to pet a porcupine and porcupines are best left alone, but so are those who are chronically angry. You see, the Bible doesn't tell us to control our anger, not at all. It tells us to put it off, completely! Can this be done? It seems so or Paul wouldn't have written Ephesians 4:31, we reviewed earlier.

“Do not associate with a man given to anger; or go with a hot-tempered man, or you will learn his ways and find a snare for yourself” Proverbs 22:24-25.

I realize this runs counter to all the anger management seminars and behavioral modification theories, but God has never shied away from controversy when it comes to the truth. He knows what He is talking about. So does the Apostle Paul. Paul had his own problems with anger. He had an unholy row with Barnabas over John Mark. Paul got downright angry and went on his own way in a huff. By the way he was wrong, for John Mark turned into a most helpful disciple.

Anger makes a person act like a puff fish, puffed up and spiny, especially those who clam up and then blow up. I refer them as the huffy puffy kind. Then there are those who go ballistic. They

are like rockets who when fired up go into orbit. Now the Greeks had a word for this, “*thumos*,” which indicates a sudden explosive blowup – it comes quickly and leaves quickly.

This kind of anger is one that can be manipulated. Controllers often use it to protect their parameters. It is listed as one of the deeds of the flesh in Galatians 5:20. Proverbs admonishes us to steer clear of such people.

Then there are the slow-burners. This type nurses their anger and foster feelings of “getting even.” This kind of anger is not explosive, but rather settled. The Greek word is “*orge*” and indicates a longer lasting condition. It is an anger that has been slowly nurtured and built up and is expressed with inward justification. In my experience in dealing with slow burners, as well as, huffers and puffers, I have found none of them feel they have a problem. Rather, it is always the other person who provoked them.

So our question is, is there any way one can safely pet a porcupine, figuratively speaking of course. The answer is yes, but it requires a radical change, sort of like changing a porcupine into a teddy bear. This has to be a God-thing but with our involvement in the process.

OUR NEW CLOTHES

The moment we receive Christ as our Savior, we receive a whole new wardrobe. However, there is a process of taking off the old and putting on the new. This involves us, and is one of the great practical truths of Scripture. Unfortunately, while we do get new clothes, it will be sometime yet before we get our new bodies. Quite often, we take off the most obvious and most obnoxious of our old clothing and ignore the rest. Jesus doesn’t allow us this privilege. He intends that we dress up in our new clothes from the skin out!

One of the great truths of Scripture is what God commands, He supplies. He purchased for each one of us a new set of clothes, expensive ones at that. These new clothes can be contrasted by looking at Galatians 5:19-23. You will find as we come to the end of this book, the exhilarating process of how God empowers us to dress up in our new clothes.

One of the remarkable things is that for each article of our old clothing there is a corresponding new article. For example, instead of a vest of anxiety, he gives us an embroidered one of peace (Philippians 4:6-7). Another example is anger. The antithesis of anger is gentleness.

The spectrum of anger runs from rage to gentleness. Gentleness, as we know, is a fruit of the Spirit. It is a God-given gift, but has a special application to one who was formerly angry. The idea behind the word is that of a powerful stallion broken to the bridle and becoming gentle. All the power and strength of the stallion are still there, but has been transformed into gentleness.

Gentleness is anger harnessed.

Believe me, there is great power in gentleness. Don’t for one moment look condescendingly on a gentle person, and don’t mistake gentleness for meekness. Moses was one of the most volatile, angry men in the Bible, but we are told later that Moses was the gentlest of persons. But it wasn’t always that way with Moses. It took a lifetime for God to finally conquer the anger in Moses.

Tragically, his anger cost him the opportunity to lead the Israelites into the Promised Land.

IF YOU ARE GOING TO OPEN A DOOR MAKE CERTAIN IT IS THE RIGHT ONE

Of all the renegade emotions, such as fear, guilt, depression, anxiety, bitterness, and so on, only anger is shown to be the door through which Satan can gain a foothold. This sets it apart and makes it imperative that we follow the Bible's blueprint in overcoming anger.

I have heard quoted over and over again Ephesians 4:26 as an excuse to be angry just don't let the sun go down on it. Excuse me! Paul is not condoning anger here, he is attacking it. "If you are going to be angry, deal with it before the day is out!" Why? Because it presents the devil with an open door! How?

The word that Paul uses here "opportunity" speaks more of an opening, a place that he can enter or conquer, a beachhead if you may. The same word is found in Luke 4:13. As you recall, Jesus was tempted by the devil to no avail, so he left Him until a more **opportune** time. It is one thing to fight the enemy, it is quite another to invite him in.

You see, anger is considered and is the strongest of all the emotions. It overrides the will, and passion reigns. We see this in Moses life. In Numbers 20:9–13 we find the masses of people ready to stone him. Why? No water. So Moses and Aaron sought God's counsel and God told Moses to **speak** to the rock and water would gush out.

However, Moses wasn't just angry at the folk, he was downright mad. So shouting at the top of his voice he calls them rebels and in his fit of anger **hits** the rock with his staff instead of commanding it. An act of anger that overruled his faith and cost him the opportunity to lead the children of Israel into the Promised Land.

Now don't give me this nonsense about righteous indignation as an excuse for anger. It's a door you don't want to leave open. A thief would well sneak in.

"He who is slow to anger has great understanding" Proverb 14:29a.

IF YOU ARE GOING TO BE ANGRY – DON'T!

When my twins granddaughters, Haley and Hanna, were about four they were out back swinging on the swing set. For some reason Hanna jumped off her swing and got swatted by Haley's. I rushed over and asked her if she was hurt. "No," she replied. Then I asked her if she was mad. She looked at me and said, "I am thinking about it!"

The Apostle James, our Lord's brother, pretty well summed it up when he wrote, "*For the anger of man does not achieve the righteousness of God*" James 1:20. How often have I said something in anger and then later regretted it. Words spoken in anger often come back to haunt us. Anger might make one feel good for the moment, but it certainly doesn't make the object of anger feel the same way.

Anger is unique among all the renegade emotions, in that it doesn't produce emotional pain as does the others. Because it is pain free, anger is often used to mask other more painful emotions. Since anger is the strongest of all emotions, it is often manipulated to achieve certain ends. For example, all controllers resort to anger when they feel their control is threatened. Anger becomes an intimidating weapon to preserve and protect one's control.

Because anger does not breed emotional pain, we tend to use it often – unfortunately. Anger is not a good thing, regardless of what one says. Anger is uniformly looked on in the Bible as wrong. James makes this very clear when he says, *“But everyone must be quick to hear, slow to speak and slow to anger”* (1:19b).

As Christians, we need to see anger as it is. It is a divisive emotion that warps the judgment. One Christian worker, who was of the “clam up, blow up” variety, was spewing forth a vociferous venom, railing against some fellow workers when I admonished him of his anger and quoted James to him. He thought for a moment and replied, “In this instance it is right.” Wrong! God's word cannot be manipulated in this manner.

Vietnam has been called the first war America lost, but a lot of things were lost during that terrible time. I remember a man some time ago sharing with the audience a rather remarkable story. Although, I don't recall all the details, the gist of what he said is very apropos. It concerned an officer in the air force, a man destined for high command.

As an older, highly qualified squadron leader, he trained the young fliers under his command to prepare them for the trauma of combat. One day he was ordered on a combat mission along with a young pilot who was to be his wingman. At that time all combat pilots were under orders not to engage enemy missile batteries – a futile gesture by Washington politicians who wanted to stop the war.

Unfortunately, this misguided policy exposed all the fliers to potentially deadly fire - a most tragic interference of politicians in military affairs, and one that left American pilots without any means to defend themselves.

As this veteran pilot and his wingman proceeded on their mission the North Vietnamese reacted violently, launching a number of missiles, one of which struck the wingman, destroying both him and his jet.

This squadron leader was a pilot destined for high command. He had impeccable credentials as a leader. He had fought with distinction in World War II and in Korea. He was admired for his courage and boldness. He was also a man who did his best to prepare the men under him to withstand the rigors and dangers of warfare.

Over the months a close bonding had occurred between the older colonel and the lieutenant. You could call it a father/son relationship. He was determined that this pilot would return to his wife and small child.

When he witnessed the destruction of the plane and his wingman's death, he became enraged. Flipping his jet over he launched his ordinance against the missile site destroying it completely. He was angered both at the stupidity of his orders and the death of his protégé. As he landed, he was met by his superiors who placed him under arrest for disobeying an order.

Later, it was ascertained that the President had rescinded his order against engaging the enemy just before he destroyed the enemy missile base, so the charge against this senior pilot was dismissed. But his career was ruined.

It seemed strange that he held no resentment against the powers to be. All he said was, "You don't want a man who cannot control his anger in high positions of authority." Of course, he was right.

THERE ARE BETTER WAYS THAN GOING BALLISTIC

It was an incredibly crucial time in the history of Israel. After wandering through the wilderness for 40 years, the children of Israel were now on the verge of entering into the Promised Land. The older generation, with all of their rebellion and unbelief, had passed on. Only three men remained of the generation that came out of Egypt, Moses, Joshua, and Caleb.

Perhaps it would help if we knew a little of these men. Caleb was a fighter, a warrior without fear. When it came to designating who should get what in the Promised Land, Caleb wanted the one area that was still occupied by giants! He was the epitome of men who would possess the promises of God.

Joshua was different. O yes, he was a fighter, but one who fought smart as well as hard. Although he was a natural leader, he was willing to follow and submit. He was Moses' alter ego for years, a godly man who brought stability and patience when it was lacking.

Moses was obviously the greatest leader and prophet in the Old Testament - a man who was called the friend of God (Exodus 33:11) and one who was personally buried by God at his death (Deuteronomy 34:5-6). God used Moses, more than any other person, to get the Israelites out of Egypt and on the way to the Promised Land.

It was said of Moses that he was the meekest man in all the earth (Numbers 12:3). This is quite a statement. Yet it was not always that way. Moses was a Levite belonging to the tribe of Levites. Of course, Levi was one of the 12 sons of Isaac, and as such received a "blessing" from his father Isaac.

But what a blessing! Here is what Isaac prophesied about Levi: "*Simeon and Levi are brothers; their swords are implements of violence. Let my soul not enter into their council; let not my glory be united with their assembly; because in their anger they slew men, and in their self-will they lamed oxen. Cursed be their anger, for it is fierce; and their wrath, for it is cruel...*" Genesis 49:5-7.

Anger comes quickly, but the consequences leave slowly.

We find the tribe of Levi, Moses included, were angry people, given to violence. It was Moses' anger that led to his greatest disappointment. If there was any man who had the right to be angry, it was Moses. The headstrong and rebellious people were always a step away from stoning him.

Even though the children of Israel were close to their goal of the Promised Land, they got thirsty and contended with Moses. As I just mentioned, Moses was in the middle of a nasty situation, and wanted God to bail him out. It was then that Moses learned that what God said, God meant:

"...Because you have not believed Me, to treat Me as holy in the sight of the sons of Israel, therefore you shall not bring this assembly into the land which I have given them" Numbers 20:12.

Why, because God couldn't take the chance of placing the future of Israel into the hands of an angry man. Proverbs tells us, *"Short-tempered people do foolish things"* (14:17, NLT). The Amplified Bible, Classic Edition (AMPC) puts it this way, *"He who foams up (works up a lather) quickly and flies into a passion deals foolishly."* The last thing God and the nation of Israel needed was a leader regurgitating his pent up anger over what he could not control.

Israel was learning a great truth – that the promises of God must be possessed. Certainly God had promised this fertile land, but they had to go in and possess the land, which meant that they had to dispossess those who were already there.

Now the first obstacle they faced when they crossed Jordan into Canaan was Jericho, the strongest fortified city in antiquity. What was needed was a man of patience, a characteristic that was not really common with Moses.

For Moses to lose his composure and order his warriors to attack the walls, the flower of Israeli youth would have been poured out on the walls of Jericho. No, God needed a Joshua, not a Moses to conquer the land. He had to have stability and coolness in a man if the enemies of God were to be defeated. Anger has no place in a man of God.

Don't think for one moment God was rejecting Moses, he wasn't. What He needed though was the right man for the right moment, and that man was Joshua not Moses. However, to show God's high regard for Moses we meet him again at the Mount of Transfiguration where he and Elijah were making plans with Jesus for the up and coming trials that Jesus was to undergo (Matthew 17:1-13).

HOW DOES ONE REFORM ANGER? YOU DON'T!

For some strange reason I do not fully understand, I have found that many Christians look rather benignly on anger. To them anger is not a sin, simply an emotion to be expressed and forgotten. They do not have a biblical perspective of anger and the problems and dangers anger brings.

If I were to choose the least understood of all the renegade emotions, I would have to choose

anger. Yet, anger is the one emotion most people would say they have a handle on. It has been my experience anger is so well adapted to one's temperament that he or she quite often will not look at anger as wrong, let alone as sin.

Over the next few pages we will address the problem of anger, not from a professional perspective, but a biblical one. What does God have to say about anger, but more importantly, what does God have to say about overcoming anger? We have already established the fact that anger is not right for man, but how do we manage our anger?

The Bible teaches that anger can be overcome. Paul writing to the Ephesians said, "*Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice*" (4:31). Note that Paul lists six emotions all related. It would do us well to look at these:

1. **Bitterness**: basically a long-standing resentment. Nursing one's anger. We are warned against bitterness. "*See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled*" Hebrews 12:15.
2. **Wrath**: (thumos) a passionate expression of anger that comes quickly and recedes quickly. Like a match thrown into flammable material which flares up and then dies out.
3. **Anger**: (orge) a chronic anger, one of long-standing. Unresolved anger.
4. **Clamor**: loud shouting, raising one's voice in anger. Intimidating through loud speaking.
5. **Slander**: insulting language. To disparage a person.
6. **Malice**: a hard and vicious disposition toward others.

I think Paul, perhaps, had married couples in mind when he wrote this passage. I have ministered to scores of couples who exhibited all six of these characteristics toward their spouse. What had begun with such great promise had degenerated into mutual hostility. Because of the prevalence of these destructive emotions in Christian marriages, it would do us well to address them.

Bitterness is a devilish thing. It will quickly lead one to despise his or her spouse. How often I have heard, "I cannot stand the sight of him or her!" Bitterness generates the need for vengeance and punishment. Quite often, the children are used as weapons of warfare in marital disputes. Needless to say, bitterness is inexcusable and a great sin. If it is not resolved, not only will it destroy the bitter person, but infect all those around with the same disease.

Wrath is Paul's word for a manipulated anger. Controllers use this type of anger to protect their turf and their control. Wrath comes quickly and leaves just as quickly, leaving the recipient with a slow burn. How often I have empathized with husbands whose wives blew up and soon forgot it while the husband brined with resentment for several days.

Anger is different from wrath. It is not a guest in one's life, but a permanent fixture. It can lie dormant until circumstances that resemble the original source cause it to flare up. What caused

anger as a child will cause anger as an adult. Wives beware what your daddy did that drove you crazy your husband will most likely do the same.

Clamor is Paul's word for a shouting match. Whoever out shouts the other wins. Not hardly! Shouting is simply a means of intimidation. Those who pursue peace at any price will crumble at a loud, clamorous voice. Another factor which is very wrong, is to use shouting as a means of child discipline.

Slander is really a mean one. It speaks of the use of venomous language to hurt and intimidate. I am no longer surprised at the vile and ugly words that husbands and wives hurl at each other. The Bible says that life and death are in the power of the tongue, something I find most true (Proverbs 18:21).

Malice - Paul saves the worst for the last. If these renegade emotions are not dealt with and resolved they produce a malicious mindset. A person becomes hard-hearted, cold, and unfeeling toward others. It boils down to do others before they do you. God forbid that this should happen to any Christian.

However, there is a great promise within this passage! Is Paul saying that anger can be managed and controlled? No, Paul is not saying anger can be managed within boundaries, he is saying anger can be put off for good! In other words, we can control anger by getting rid of anger. Remember, it is not I who is saying this, but rather the Apostle Paul. You can bet an angry Christian cannot work the righteousness of God no matter what he or she may say.

"For the anger of man does not achieve the righteousness of God" James 1:20.

THE DYNAMICS OF ANGER

WARPING JUDGMENT

Anger is powerful, the strongest and most forceful of all the emotions. Anger overrides reason and judgment. More than that, it overrules faith. Strange that both anger and faith demand action, however, faith relies on the Author of faith while the other depends on the capriciousness of a renegade emotion.

How often I have told those who have lost a loved one not to make a major decision such as moving or buying a house, etc., until they have come to grips with their loss. I say the same thing to those who are angry. To make decisions or to commit to some action when angry is inviting disaster.

I have already quoted Proverbs 14:17 where we are told that an angry person acts foolishly, but look at Proverbs 14:29, *"He who is slow to anger has great understanding."* And again at 16:32 *"He who is slow to anger is better than the mighty, and he who rules his spirit, than he who captures a city."*

Suffice it to say, a wise Christian is not an angry Christian.

CREATING DISORDER

Nothing is more grievous and heart breaking than to see two grown people who have grown to despise one another and give little or no attention to the damage it does to their children. I have yet to deal with a divorce situation where anger wasn't a major player.

The causes of marital failures are many, and other than a biblical basis of adultery and desertion, the major factor is unresolved anger that stems from selfishness, insensitivity, immaturity, greed, and indifference. Anger is a destructive emotion, a malicious cancer that will destroy the love, trust, and respect in a relationship.

Anger is also a disconnecting emotion. Whereas the Bible makes quite clear that a couple who unites in marriage becomes one, unresolved anger will break those bonds as surely as the sun rises. There can be no unity personally or corporately as long as anger is allowed.

Suffice it to say, a good marriage is an angerless marriage.

ANGER AN EMOTION WITH MANY FACES

Strange that with all the emotion pent up in anger it is a painless emotion, although not a harmless one. It differs from the other renegade emotions in this regard. Consequently, anger is often used to mask the more painful feelings of other hurtful emotions, such as depression, anxiety, guilt, and rejection. Because anger is painless, it is used to cover other emotions. Many times people, who are characterized as angry, are in reality only using anger to offset the more painful emotions.

Paul wrote the Ephesians saying, *“Be angry, and yet do not sin; do not let the sun go down on your anger”* (4:26). However, in the light of other Scripture, it would be better said this way: *“If you are angry, deal with it before the day is out.”* (You will note the repetition of several passages. I do this purposely to engrain in our minds what God considers so important.)

Paul in this passage is not giving Christians the liberty to be angry, but simply recognizing that anger exists and must be dealt with. Paul was quite aware that anger can cause one to sin and it can also give ground to Satan! Paul finishes his thought in Ephesians 4:26-27 by writing, *“And do not give the devil an opportunity.”*

The AMPC puts it this way, *“When angry, do not sin; do not ever let your wrath (your exasperation, your fury or indignation) last until the sun goes down. Leave no [such] room or foothold for the devil [give no opportunity to him].”*

To use anger as a substitute for the more painful emotions is like taking strychnine for a headache. Both work remarkably well and both are deadly. The Bible has the answer and the process for dealing with the renegade emotions.

ANGER IS DESTRUCTIVE

Anger demands expression. It is a directed emotion; therefore it must have an object. There is no such thing as a neutral anger. Anger unexpressed is mainly turned inwardly, and although it

might not be felt, it continues churning away. The real pain of anger lies in those who are the focus of the anger whether it be the one who is angry or the one at which the anger is directed.

Cain's unresolved anger drove him to murder his brother. Moses' anger kept him from the Promised Land. Herod's anger at the deception of the Wise Men caused him to murder the innocent babies of Bethlehem.

Anger is a destructive emotion, both to the one expressing anger and the one who is on the receiving end of the anger. Anger can destroy. Proverbs says, "*Life and death are in the power of the tongue*" (18:21a). In short, anger is dangerous to one's health (Job 5:2).

How well I remember an incident with an older neighbor. He had been told that some of his pine trees had to come down because of a pine beetle infestation. Without checking with him, the local field workers cut several of his trees down. When they told him, he exploded in anger. Later, as he was telling me the story he was again overcome with anger to the point he had a slight heart attack. His anger was killing him.

Another very close friend, a committed Christian, but one who had never learned to control her anger, would lose it at the drop of a hat. Over the years she let her rage surface time and time again, until one day she dropped dead as she vented her rage at a helpless nurse. A rather insignificant situation led to her death because of her anger.

Anger is a prime destroyer of relationship. Proverbs 30:33 says this, "*The churning of anger produces strife.*" The use of the word "churning" aptly describes the effect of anger on a person causes him or her to strike out at others.

Paul wrote Timothy, "*Therefore I want the men in every place to pray, lifting up holy hands, without wrath and dissension*" 1Timothy 2:8. The tragedy of anger is it most often loosens the tongues causing us to say hurtful and wrong things. If we are to control our tongues as James demands, we must first deal with our anger.

SOURCES OF ANGER

As anger must have an object, so it must have a source. People become angry because they allow someone or something to make them angry. While there are as many sources of anger as there are people, we can see a definite pattern emerging in source-activity. Let us examine some of these sources.

FRUSTRATED EXPECTATIONS

Have you ever wanted something so bad you could taste it, and then not get it? I have. In my case, not getting it involved a very public humiliation. Man, was I burned! I did not have a kind word to say about the powers in charge. Obviously, they didn't recognize my talents and expertise. Fortunately, God did and used this in my life to hammer at my pride. Painful for me, but ever so necessary.

How about you? Ever find missing under the Christmas tree something you really wanted. Has

your husband or wife ever done nothing when you expected something? Do you feel that God has left you high and dry at times? What about the man or women of your dreams, who remains a dream only?

One of the greatest sources of anger is frustrated expectations. When expectations are diminished or dashed, the result is often anger. This is especially true with goal oriented people. They can often become unreasonable with those or things they feel are keeping them from their goals.

Jonah is a prime example of frustrated expectations. This reluctant Jew wanted a ringside seat as God put a world of hurt on a city full of Gentiles. The problem was the people of Nineveh repented and God relented. This put Jonah into a major mad (Jonah 4). Jonah felt he had good cause for his anger. What God said He was going to do He didn't. It didn't matter the situation had changed, Jonah was mad at God.

Jonah's reaction raises some very interesting observations. We see his questioning God's integrity and authority. Jonah fought submission to God. But that is not all, for we see him questioning God's motives, His character, His methodology, His leadership – in fact, he was questioning everything about God, a very revealing picture of Jonah's own character.

The question God asked, and one that is imperative that we ask ourselves when we are angry, *“Do you have good reason to be angry?”* Of course, Jonah felt he had ample reason for his anger, so God had to teach him a lesson.

Jonah headed out to parts unknown and sat down to have a love affair with a plant. So God put a worm in the plant and the plant died. This caused Jonah to really lose it. The moral of the story as God pointed out to him is that Jonah had more compassion for a plant than he did for people. Again, God asked the question, *“Do you have good reason to be angry?”*

There are times when the inconsistencies, the perceptions, the actions of those whom God has placed above or around us drive us almost to the point of distraction and we blow. We justify our anger on the grounds of how thoughtless, mean, or obnoxious the person is perceived. But the question remains pertinent, *“Do you have reason to be angry?”*

If the Bible is right and what God says is true, there is really no good reason to be angry. David wrote: *“Stop being angry! Turn from your rage! Do not lose your temper – it only leads to harm.”* He goes on to state, *“It is better to be godly and have little than to be evil and rich”* Psalms 37:8, 16, NLT.

Still, we all are prone to anger and when we are angry we use every excuse in the book for being angry. Anger is never our fault, it is the other person who made us angry. We conveniently forget that anger is our response to someone or something, and our response is our responsibility, not someone else's.

I think you will find that your expectations have been sugar-coated with anticipation. We get our hopes up, we lock into a mind-set of what we want to happen and then! He forgot or it isn't important, or worse, you feel you are not important. Insensitivity is the loaded gun in sabotaging

our expectations. True, we need to let God deal with our frustrations, but we must also allow God to deal with our insensitivity. If a person considers something important, then we need to also consider it so.

At this time I would like you to do the following exercise. It deals with the issue of expectations.

1. Write out in detail what you expected. Perhaps it is something you prayed for, or something you felt was your due, something you were certain would come your way.
2. Put down the degree of your anticipation. Was it mild or very intense, or somewhere in between?
3. Write out what you consider the reason for the failure of your expectation to come to pass.
4. List the day you surrendered it to Christ.

Expectations (Write out)	Anticipation (Mild to intense)	Cause (Explain)	Surrendered (Date)
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When I finally conceded that my frustrations were my problem, then God could deal with it. What really helped was the realization that the command to seek God was not a generalization, but a specific command to seek God in the situation. As we do, we come to the realization that nothing comes our way, good or bad, by accident. God is sovereign and because He is we can begin to substitute thanksgiving for anger (1 Thessalonians 5:18).

HURT

Have you ever felt that someone left their footprints all over your back, slighted you, or spoke condescendingly of you? Has any one done you dirt or spoken poorly of you? (Behind your back, of course.) Ever had a neighbor that drove you to distraction or perhaps a mother-in-law? How about an indifferent father or a controlling mother?

There are as many ways to be hurt emotionally as there are people. Whether a mild reproof or a blatant betrayal, hurt often is the harbinger of anger. Proverbs tells us, "*A gentle answer turns away wrath, but a harsh word stirs up anger*" (15:1). Even the mild reproof of a valued friend can be hurtful as Proverbs again tells us, "*Faithful are wounds of a friend*" (27:6a).

Anger brought about by hurt can be expressed in many ways, from the silent treatment and cold shoulder to a violent ventilation of one's thoughts. For those who wear their emotions on their shirtsleeves, hurt comes easily, so does their anger. An insensitive person is like a bull who carries his own china closet around with him. Often such people are wholly ignorant of the havoc they cause.

Another point to be taken, things that hurt as a child, hurt as an adult. As an angry child grows up, if the anger is not resolved, will become an angry adult. Children tend to clam up and not communicate their feelings, but if you have an angry child make certain you deal with it.

At the far end of the hurt spectrum, two stand out: unexpected loss and the sense of betrayal. Several hundred years ago a man wrote, “Hell hath no fury than a woman scorned.” Most are familiar with the saga of South Carolina Governor Mark Sanford. Although claiming to be a devout Christian, he chose a mistress over his wife and four children. Jenny, his wife, was quoted as saying she felt sorry for the other woman. Who can measure the depth of this woman’s hurt as her world was so wantonly shattered by one she trusted so much.

The loss by death of a loved one can be even more devastating. I spoke with a lady who had lost her husband – a suicide. Her hurt had been replaced by anger, first at her husband and then at God. Almost always when death strikes the question is asked, “Why God Why?” Unfortunately, God becomes the scapegoat for uncontrollable events.

What we do with our hurt is crucial. We can either allow it to control us and resort to unbridled anger, or we can allow the Spirit of God to use it in our lives to die to the self-life. Difficult yes, but not impossible.

God does not necessarily protect one from hurt; rather He uses it to crucify the self-life. It is true, dead men don’t hurt and neither do crucified ones. It is no mistake that Jesus is called the Balm of Gilead. He allows the wounds, but at the same time He binds them up.

STRESS

Stress is the battering ram for emotional turmoil, the greatest promoter of anger known, and unfortunately, we live in a stress-filled world. Let me point out this is not a treatise on stress, but rather a statement pointing out its place in the anger game, and believe me it is a major player.

I would hasten to say that every day stress is normal and necessary otherwise we would get nothing done. It is not that kind of stress I am addressing. I am speaking of the kind of stress that proves debilitating, a stress that is not normal or healthy. It is this bad stress that so often breeds anger and rage.

I have observed over the years that each of us possess a stress tolerance level. One’s level is not another’s. Some folk have a tremendous tolerance for stress situations, while others have a very low tolerance. The problem begins when a person approaches the limits of their stress tolerance level. Little things that were previously dismissed out of hand now become almost intolerable. Often sleep is affected. A person will become more emotional, less rational. These are warning signs.

Our stress tolerance is like a safety valve but, exceed its limits and the lid blows off. How high the lid blows depends on the intensity of the stress. Think back to your own childhood. How did you face stress factors then? Such as, starting kindergarten, going to a new school, acceptance by peers, what to do after graduation and so on. True, these are only juvenile stress factors but still real. Stress doesn’t mellow with age, it only grows more demanding. In the real world, things like job loss, losing one’s home, death of a loved one bring tremendous stress. Often the result is uncontrolled anger – rage, if you may.

I have found it never fails when you feel that one more thing, just one more thing added to your stress factor will be the straw that breaks the camel's back, and of course, you are hit with a bale of hay. We all have days and perhaps weeks that nothing goes right. I will never forget receiving a bill from the IRS stating that I owed them quite a bit of money. I was expecting a refund and had no idea that the Government wanted me to personally pay for the Gulf War. I was stressed!

Much stress is due to the life we live – what is demanded of us. More stress comes from what we demand of ourselves. High achievers are especially vulnerable to internal stress, and most of the young people I talk with fall into this category. I ask them if they consider themselves a responsible person. I always get an emphatic yes. Then I ask them if there are any areas in their lives where they feel they are not responsible. Again, the answer is usually a yes, but said with downcast eyes.

What we have here is a contradiction. A responsible person being irresponsible! This creates tremendous stress as one is forced to try to do even more or be even better to prove to themselves they are responsible. They are shocked to learn when I tell them that the Bible teaches faithfulness, while the Law demands responsibility. Faithfulness never produces stress.

It doesn't take a PhD to see that stress plays havoc with relationships. If it tears one apart internally, what does it do those around us, especially if it is translated into anger?

Have you ever had an idiotic, overbearing, and unfair boss who controls your destiny because your job depends on him? Situations like this can create tremendous internal stress, because there is no way to fight someone who is unfair, unfeeling, and unthinking. You have no defense against an overbearing boss except, and this is a very big except, if God is for you, who can be against you? You and God are a majority.

Another characteristic of stress-anger is obesity. I have found many wives gain weight as punishment for the husband, while others make themselves unattractive due to childhood abuse. Eating is a sure way to alleviate stress, that is, until the guilt sets in. Often inexplicable behavior is the result of stress-anger that has been put on the back burner and forgotten as far as overt emotions are concerned.

Anger is not always displayed as an agitated emotion. A person can be cold and calculated, indifferent, distant, private, insulting, punishing, and the like. If a person lives in an environment where anger is unacceptable, and they choose not to deal with it, it will usually express itself physically.

The price of stress comes high. If it is not resolved, the by-products of health problems are real; the emotional problems are real and the spiritual problems just as great. However, in addressing stress do not overlook the problem of a legalistic mindset. When Christians come under law whether self-imposed or super-imposed (laws put on us by others) they immediately are in conflict with grace in one's life. Law imposed or adopted by a Christian is without doubt the single greatest stress builder of all.

Unfortunately, stress-prone people are angry people and few realize just how contagious anger can be. Anger begets anger. Solomon recognized this when he wrote, *“Do not associate with a man given to anger, or go with a hot-tempered man, or you will learn his ways and find a snare for yourself”* Proverbs 22:24-25.

CONTROL

This anger-source is first addressed in Genesis 3:16, *“To the woman He said, ‘I will greatly multiply your pain in childbirth, in pain you will bring forth children; yet your desire will be for your husband, and he will rule over you.’”*

Two words call for our attention, “desire” and “rule.” The word desire is somewhat deceptive, for the basic meaning is not desire as we understand the word today. Basically it means to control. It is a very strong word in the Hebrew, which is demonstrated in Genesis 4:6-7:

“Then the Lord said to Cain, ‘Why are you angry?’ And why has your countenance fallen? If you do well, will not your countenance be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it.’”

The use of desire in this passage gives us a clue to the meaning. Sin as an indwelling agent is likened to an animal waiting to spring. See 1 Peter 5:8. Sin seeks to control and control absolutely. The only other place this word is used in the Bible is the Genesis 3:16 passage. In other words, the wife desires to control her husband.

Experience proves control is much more of a female thing than a male thing. Yes, men do control, but their control is almost always on a perpendicular plane, while a woman’s control is always horizontal, stealthily spreading over areas she considers important.

The word rule has two meanings. First, it means to rule as one does in a military setting. The second meaning means, “to become like unto.” Now this is most interesting. What we find is there is the possibility, no probability, the husband will reverse the roles with the wife assuming the superior role and the husband the secondary role.

In my counseling, I find this quite common among married couples. In fact, we live in a matriarchal society. Men rule as lions in the office but live as lambs at home. Rather than being the God-given ruler of his home, many if not most men, have abdicated their role of leader in the home.

The Bible demonstrates quite clearly a wife’s innate desire to control must be placed within parameters. As God told Cain he had to learn to “master” sin, so the husband must learn to “master,” as it were, the attempt for his wife to control. If the husband fails to provide the leadership necessary to limit the efforts to control, it allows the wife’s control to run unchecked. Controllers become empire builders as their control runs out of control

There is a front end to control and a rear end. The front end of control is a manipulated anger or rage. Anything that threatens a person’s control unleashes terrific agitation. It is an anger that is

meant to intimidate, to offset the threat to control. This is anger with a purpose, a very destructive one. The rear end of control is when the control is felt to be slipping, there are often great anxieties and panic attacks ensue.

LOSS

Loss crushes the soul. Losing a loved one, especially a child, bares our inner most being. The sense of loss is suffocating. How often I have spoken with the survivors of the Alfred P. Murrah Federal Building bombing in Oklahoma City, the World Trade Center attacks in New York City, the Rhode Island fire, and the San Diego wildfires, and experience their own sense of loss.

Out of the depth of the sorrow comes an anger that is deep and devastating. Most often it is directed at God – “Why couldn’t or didn’t God intervene?” It was experiences like these that prompted one writer to produce a book asking the question, “Why do bad things happen to good people?”

In man-made disasters or natural disasters, especially those causing loss, deep expressions of anger occur. The problem with this kind of anger is it’s difficult to find closure to it. What is difficult to comprehend is difficult to reconcile.

There is a way, but it has to be God’s way not man’s.

THE ANGER SPECTRUM

IRRITATION	HOSTILITY	ANGER	INDIFFERENCE
EXASPERATION >	RESENTMENT >	FURY >	BITTERNESS >
FRUSTRATION	AGGRAVATION	RAGE	REVENGE
			HATRED

Our English language is very restricted, especially when compared to the Greek. We have one word for anger while the Greeks had several. However, there is within our concept of anger a fairly wide ranging spectrum.

This Anger Spectrum allows differentiating between mild irritation and white hot anger. It also reveals a progression within the anger cycle. Anger begins with irritation, exasperation, and frustration. Although mild in nature to more violent forms of anger, if left unresolved, they blossom big time into a greater intensity.

The next three words we will use to express what we would classify a medium expression of anger. These are hostility, resentment, and aggravation. Again, unresolved they too blossom but much more quickly.

Once more using a triplicate of expressive words from the anger spectrum, we can see anger full blown. These words are anger, fury, and rage.

Unrestricted, they lead to indifference, bitterness, and revenge, ending in hatred.

I was amazed at the story I was told. It involved a couple, just married and on their honeymoon. During their courtship the man always picked his teeth after every meal with a fork. This bothered and embarrassed his fiancé.

She hoped he would change, especially with her help. He shrugged it off as a girl-thing. In any case, this irritating habit was neither addressed nor resolved. Things came to a head on the three-day drive to their honeymoon resort.

At every meal up came the fork. She begged him to stop, that she couldn't stand it and that it was embarrassing her. He thought she was being childish, that is until she caught a plane for home and left him high and dry. They had been married three days.

Irritations are momentary and often lightly regarded, but if they are ignored and not resolved they can become a cancer that triggers a more aggressive form of anger such as resentment or hostility. Aggravate a person often enough and they eventually will blow. It is at this point that many couples become adversaries, the death knell of an intimate relationship.

Mind you, it is the little things that blow up into big things. A mother and daughter did not speak to one another for seven years over a minor episode, even though every Tuesday they both hung out the wash within three yards of each other. It wasn't until the daughter finally said, "I am sorry" that the breached was healed. Later they were astounded and dismayed over the minor incident that became a seven-year silence.

Paul cautions parents not to provoke their children to anger (Ephesians 6:4). Let us read this in the AMPC: *"Fathers, do not irritate and provoke your children to anger [do not exasperate them to resentment] but rear them [tenderly] in the training and discipline and the counsel and admonition of the Lord."*

If we are not to provoke children to anger, what about adults? What this tells us is there are two sides to this anger problem. There is the side of the one angered which the Bible demands be addressed. But there is the side of those who provoke people to anger. That too, must be dealt with.

Thus, we see the Anger Spectrum beginning with irritation and ending with bitterness. Bitterness is a terrible thing, so much so, that the writer of Hebrews writes, *"See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled"* (12:15).

Recognizing the various expressions of anger reveals things that must be addressed and addressed immediately before they become full blown. We have seen earlier when anger gives Satan ground within the believer. I think it important that we ask and answer the question, just what does giving ground mean? Let us read this passage in full.

"When angry, do not sin; do not let your wrath (your exasperation, your fury or indignation) last until the sun goes down. Leave no [such] room or foothold for the devil [give no opportunity to him]" Ephesians 4:26-27, AMPC.

The word "opportunity" used by Paul in his letter to the Ephesians means "providing spaces as in an apartment" or "allowing one to establish a beachhead as in a military operation." In short,

anger allows the devil a place, a room within the human soul (our mind, will, and emotions), that he can begin his devious work of destroying.

Why Paul mentions “before the sun goes down” was he knew just how much damage can be done in a short time when anger is brewing away.

A root of bitterness is the ultimate form of anger. It makes a person’s heart hard and brittle. Bitter people look for trouble, attacking those whom they feel have been the cause of their problems. Bitter people are people who hate and unfortunately, bitterness can be catching. It defiles.

GUILT TRIP

Why is it that we are always justified in our anger, until it’s over and then it’s on to the guilt trip? The reason is anger is not reasonable. We say and do things that later we wish we had not. How often things are said in the heat of the moment that strikes as an arrow deep into the recipient’s soul causing a deep and serious emotional wound.

I must emphasize God does not ever require us to feel guilty, to believe that, puts anger as one’s final authority. What God wants us to do is to deal with the anger and all of its causes. He doesn’t want us to get caught up in trying to deal with the misery of guilt feelings.

To explain, God deals with guilt as a fact, not as a feeling. Lying is a sin and one doesn’t need a dose of guilt to convince them of its sinfulness. Lying is a sin whether one feels guilt or not. It is not one’s emotions that reveal sin, but God’s Word. Satan loves to interject a renegade emotion into the process, so that people will respond to the emotion rather than to the Word of God.

REVENGE

Anger, fury, and rage do have one thing in common; they all seek revenge – the “get even” mentality. O the mischief that the devil can bring when anger is unchecked. This is why Paul commands and demands that our anger be confronted immediately and to do whatever is necessary to resolve it.

A man, a contemporary of mine, let his resentments build up until he blew up displaying an intense bitterness. Biding his time until he could have an audience and the opportunity he engaged in a diatribe of character assignation.

As he ventilated his fury and frustration I could only think, “my friend, I didn’t put this anger in you, I am just drawing it out.” His anger was his problem. Had he dealt with it biblically, it would have never reached the proportions it did. When we nurse and pamper anger it only gets worse. A principle to remember is this:

Anger expressed is anger increased.

How does one then deal when faced with a heated and furious confrontation? First, speak softly, second, speak quietly, and thirdly, speak gently. Try it, you will see it works.

“A gentle answer turns away wrath, but a harsh word stirs up anger” Proverbs 15:1.
To get even is one of the highest forms of carnality. True humility seeks God’s answers and God’s processes when involved in anger situations, either personally or in confrontation.

WHERE DID THE RENEGADE EMOTIONS COME FROM?

As mentioned previously, before Adam and Eve were conned by the greatest con artist of all, their emotions flowed from the Spirit of God. We see a few of them in Galatians 5: 22-23. Godly emotions were part and parcel of Adam and Eve’s emotional makeup. However, after they fell from God’s grace and became filled with indwelling sin, there flowed from the evil presence all of the renegade emotions that now make up our emotional spectrum. Believe me, anger is not one of the godly emotions.

What can we conclude? First, since the Fall, anger has been a normal part of our emotional makeup. No emotion, good or bad, is a sin in its dormant state, yet if we do not resolve a wrong or renegade emotion; it makes us vulnerable to sin. Read Genesis 4:6 and you will see what I am talking about. Second, because of our inability to respond correctly to anger-producing situations we are commanded in the Bible to "put off" our anger.

Let me interject a little humor here. I realize the Bible says to put off anger, and I believe the Bible implicitly, but have you ever tried to put off a really good bad anger, especially when you are right in the middle of it? It is just as easy to stop a sneeze when you are half way through it. Of course, the answer is to put off the anger before the anger gets into high gear.

The Bible tells us God is really concerned over anger in the life of the believer because of its destructive qualities. It is considered a major factor in depression, and because it is a corrosive emotion, it affects negatively all of our relationships. It can and does produce harmful physical side-effects. It can rob the Christian of his victorious walk in Christ. Uncontrolled anger or rage can be deadly, creating enough stress to cause heart attacks and strokes.

Anger, as I have said, can also be expressed indirectly. Failing in school; running away from home; frigidity; impotency; withdrawal; ostracism can all be symptoms of anger. Usually these tend to be a form of punishment, directed toward those held responsible for the anger.

Anger always reinforces itself through one's own response to anger-producing situations. In other words, anger becomes more intense because anger strengthens itself. Uncontrolled anger tends to control the one who is angry. Unfortunately, most people respond wrongly to anger-producing situations. The tendency is to initiate anger externally toward God or man, or direct internally toward themselves. Either of these responses will reinforce the anger.

It isn't necessarily true, as the old saying has it, that it is better to swallow angry words now, rather than have to eat them later. Unfortunately, most Christians view anger as wrong, but justify and rationalize their own anger. It is wrong for someone else to be angry, but all right for me. Yet it must be pointed out if anger is not dealt with from the Biblical perspective, it can be just as harmful as expressed anger. Expressed anger is at least recognizable and can be dealt with, while unexpressed anger just keeps churning away.

Unresolved anger, whether expressed or unexpressed, causes problems. A person who has chosen not to deal with his anger will suffer from all the symptoms of anger. And yet, because he has chosen not to deal with it, it is difficult to recognize and treat.

The book of Proverbs speaks of carnal anger when it says, "*A fool's anger is known at once, but a prudent man conceals dishonor*" (12:16).

Job says, "*For anger slays the foolish man, and jealousy kills the simple*" (5:2).

James reminds us, "*This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger; for the anger of man does not achieve the righteous of God*" (1:19-20).

As I pointed out earlier, the antithesis of the word for anger in the Greek New Testament is "*epieikes*," which is translated as moderation, forbearance, patience, gentleness, and sweet reasonableness.

- Rather than anger, God would have us: be gentle and patient.
- Instead of being irritable, He would have us sweetly reasonable.
- It is so much better to be nice rather than nasty, gracious rather than grim.

WHERE THE RUBBER MEETS THE ROAD

The Word of God is only effective as we allow the Holy Spirit to make practical changes in our lives. We call this the sufficiency of Scriptures. A dynamic truth revealed in 2 Peter 1:3:

"Seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence.

Practical changes are revolutionary changes; changes that do not come naturally or ordinarily. Now changes are possible because what the world considers the norm of human behavior, God doesn't. God demands change; He expects change; He has made it possible to change.

How does this work? God gives us a promise or promises. These are anchors that we can put our faith in. Now every promise of God is backed by God's honor and integrity. If His promises fail, He fails. Read what David says:

"For your promises are backed by all the honor of your name" Psalm 138:2b, NLT.

ANCHORS

As we address anger, I will be giving you a number of anchors, promises on which we will use to transform anger into gentleness and, if you will, sweet reasonableness.

The first anchor is one that I call **The Principle of Identification**. I emphasize this truth because of its importance. It is an amazing revelation. It comes in two parts: God identifying with us and our identifying with Christ.

God identifying with us: When God became man, He had to become man. Why? Well, for one reason God is spirit and it is pretty difficult to identify with something or someone you cannot see (John 4:23-24). Therefore, Jesus graciously chose not to exercise His deity during His humanity (Philippians 2:6-8). In other words, Jesus chose to totally identify with us in every way. He lives His life here on earth in the entirety of His humanity (Read Hebrews 2:14-18).

What Jesus did was to establish the Principle of Identity as one of the major truths of the Bible. Remember though, Jesus did not, could not divorce Himself from who He was as God. He simply chose not to exercise His deity as a man (Colossians 2:9-10).

Our identifying with Christ: But identification is a two-way street. Remember I said that there are two parts to this great principle. The second part involves us and that is our identification with Him! Turn with me if you will to Romans 6. The first verses deal with our being placed “in Christ.” The word “baptism” is not speaking of water baptism. The word is not a translation, but a transliteration of the Greek word into English letters.

Through a gracious act of God we are placed in Christ, probably the two most important words in the New Testament. God, the Holy Spirit, has made us one with Christ, a total identification with Him that allows us to experience both His death and resurrection. In identification, we die with Him, are buried with Him, and we are raised to newness of life in Him. Incredible!

<p style="text-align: center;">Our Anchor The Principle of Identification, which is: God identifying with us and our identifying with God.</p>

CHANGING CLOTHES

Here again I am going to give you a vital anchor found In Ephesians 4:22-23. This anchor forms the crux of dealing with anger.

*“In reference to your former manner of life, you **lay aside** (put off) the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and **put on** the new self, which in the likeness of God has been created in righteousness and holiness of the truth.*”

Three important words in the Greek New Testament provide us with the process of change that the Holy Spirit desires in us. The first is “*apotitheemi*” which means to “put off.” The second is “*enduo*” which means to “put on,” and the third is “*airo*” which means to “lift up.” These three words provide the “key” in the process of “putting off” (the characteristics of our old identity), and the “putting on” (the characteristics of our new identity in Christ).

Apotitheemi and *enduo* are used in the sense of putting off and putting on of clothing. Literally, the meaning would be the stripping off of old garments and the putting on of new ones. We see this use of *apotitheemi* in Acts 7:58 where those who were stoning Stephen had “laid aside” or “stripped off” their clothes. The process we would apply to anger would be the stripping off, as it were, of the old garment of anger, and the putting on of the new garment of love and gentleness.

I feel it would do us well to take time to probe a bit deeper into the use of “putting off and putting on,” for the use of these words provide a graphic picture of the process the Holy Spirit uses in changing behavior.

Now when a person dies, the flesh begins to decay. The decomposition of the body is nature's way of disposing of dead things. However, the decaying process corrupts and putrefies all that it touches. The clothes that a person is buried in would be affected by this process. Keep this process in mind as we continue this train of thought.

Because of our identification with Christ, we die with Him! The moment a person receives Christ, not only do they find life in Him, but they discover death too. They are crucified with Christ. They die with Christ. They are buried with Christ.

What happens then to a dead body? It decays. The picture the Scriptures are portraying here is one's identity, (all they were as a non-Christian); the activity, the behavior, the character, their total being as a non-Christian, died with Him, and is buried with Him. All the characteristics, all the habits, all the activities of my non-Christian identity are likened to grave clothes. And the decaying process of death has putrefied them.

But now he is alive in Christ! He is raised with Him. However, he discovers much to his chagrin that some of the old, filthy, stinking, putrefying clothes of his old identity are still with him. As they are recognized, the commandment is to "strip them off." This involves a volitional choice to "put off" that old garment, be it anger, anxiety, depression, or whatever. The command then is to "put on" the Spirit-filled emotions of Galatians 5:22-23.

Again, a volitional choice (by volitional, I mean an exercise of the will) by faith is demanded. This is God's business, but the Christian must act in faith. Therefore, the Christian is to place his will by faith voluntarily under the authority of the Holy Spirit. He chooses to "put off" the anger. He chooses to "put on" patience.

Over and over again in Scriptures the truth of "putting off and putting on" is taught. We see it in 1 Peter 1:13 and its parallel verse in Ephesians 6:14 where a paraphrase would read: "Remove anything that impedes the free action of your mind," and "Anchor your minds with the belt of truth."

It is reiterated in James 1:21; Romans 12:2; 13:12-14; Ephesians 4:22-24; Colossians 3:8; and Hebrews 12:1. God commands the Christian to “put off” the things of the old identity and to “put on” the things of his new identity. And whatever is asked according to God's will, then the Scriptures assure us that it will be done for us!

We come to the last word in this trilogy, *airo*. The use of this word is interesting. It can be used in the sense of "raising up" or "taking upon one's self to carry away what has been raised up." It can also mean "to bear away what has been raised."

Basically then, the idea of the word can mean to "lift up" to "carry away." An interesting application of this word to the "putting off, putting on" process can be quite meaningful to us. In

John 15:2a, it says, *"Every branch in Me that does not bear fruit, He takes away."* Too often the translation has been argued that God would take away the branch that is not bearing fruit.

However, let us apply one of the other meanings of the word *airo* to this passage. Instead of take away, let us use the idea of "lifting up." A paraphrase of this passage would read: "Every branch of the Vine that does not produce a life consistent with the Vine, My Father lifts it up to the Light, so that it will."

Now, we are at the crux of the issue. As we recognize the residue of our old identity - that which is inconsistent with our new life in Christ; be it anger, anxiety, doubt, depression, or whatever, can we trust our Heavenly Father enough to allow Him to "lift it up" to the Light and allow Him to "carry it away," to crucify it?

Our Anchor

We can "put off" or "strip off" by faith, anger, allowing the Holy Spirit to expose it to the Light (Christ), and we can "put on" by faith, love, gentleness, sweetness, and reasonableness.

CREATING OUR OWN ANCHORS

This is not as difficult as one might imagine. Primarily in creating an anchor you take a promise or a passage of Scripture and accept it as from God, to the point you will bet your life on it. For example, let us look at John 15:2 which I mentioned previously. Here the Apostle says,

"Every branch in Me that does not bear fruit. He takes away; and every branch that bears fruit, He prunes it so that it may bear more fruit."

Now our discussion of *airo* (which I previously said means to lift up), our text does not show this meaning and it is unfortunate. If grape vines are allowed to sit on the ground they begin to rot. It is customary to lift them up so they remain healthy and productive. Traveling through Israel several years ago I came across row after row of grape vines. Each one had been carefully propped up. What God does is take the unproductive Christian and lifts him or her up, so they can become healthy and produce much fruit. This is God's business to life up; it is our business to respond in faith to His efforts.

*"In reference to your former manner of life, you **lay aside** (put off) the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and **put on** the new self, which in the likeness of God has been created in righteousness and holiness of the truth"* Ephesians 4:22-24.

Now then, let us explain our core passage. Paul begins with these words: *"In reference to your former manner of life."* Paul is referring here to what we were before we became a Christian. He speaks of the way we lived apart from Christ. Now mind you, when we become a Christian we become a new person, a new creation in Christ. However, anything that we believe might be good or attractive or true of our old life we tend to take over to our new life.

In speaking of the “old self,” he is referring to who we were before becoming a Christian. It involves many things, but especially what we believed. Of course, anything we knew to be false now that we are Christians, we would not retain, but what about those things that we still feel to be true but are not? Unfortunately, there is a carry over from our old life and it is these things that need to be “put off.”

“Lay aside the old self, which is being corrupted in accordance with the lusts of deceit.”

There are things about our old life that we have enjoyed and we view as attractive. We hate to get rid of them, but God gives us no choice. They have to go. Why? Because the things of the old nature or identity cannot be reformed, they need to be crucified. Too, the things of the old life are still corrupted and fed by the power of sin, here called the lusts of deceit.

“And that you be renewed in the spirit of your mind.”

We are to be “renewed,” which means to be changed or renovated by an inward transformation. What occurs is the Holy Spirit working in and through the human spirit renews the mind, namely what we believe – our belief systems. This means that no matter what I believe, if it is not in accordance to God’s Word He will renew it.

“And put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.”

As God has promised us a new body, He first is creating a new identity, one that reflects the indwelling presence of our Lord. This means that what God has done inwardly, the Holy Spirit is making true outwardly. We are in the process of become who we already are.

TAKING OFF MY OLD CLOTHES

We cannot “put off” what we do not recognize. The obvious ones present no problem; it is the not so obvious that God is dealing with also. In this study, we are addressing anger. Following the process outlined in our Ephesians passage, we must first **recognize** the problem and the things related to that problem.

For instance, if anger is your problem not only do you have to recognize it as a problem, but you need to also acknowledge the things that are associated with anger. It might help to chart this out.

Problem

I am an angry person.
I get angry too often.

Associations or causes

I am under a lot of stress.
I am not understood.

Acknowledging the problem is crucial. You certainly won’t surprise God if you admit that you are angry. There is a lot in our old life to make us angry, but our anger won’t change a thing. Petty anger happens all the time, but we need to acknowledge that we have no right to be angry (placing our rights on the altar). Begin to talk with God about your response to people, to situations, and circumstances that tend to raise your temperature. He understands!

It is equally important that we accept accountability for our anger. We cannot blame others or circumstances. If we do, we are at their mercy and we can never change. We must come to the place of saying, "Anger is my problem and God will have to change me." So we might chart it in this manner.

Problem:

The person I believe myself to be.

Accountability:

I accept the fact that anger is my problem.

Perhaps we could ask some questions at this time to get the mind working as we deal with anger.

- Are you angry at God?
- Are you angry at your spouse?
- Are you angry at a friend?
- Are you angry at your parents?
- Does your job bother you? Explain.
- Do you have reasons to be angry? What are they?
- Do you deny or justify your anger?
- Do you have the right to be angry? Why?
- Do you feel accountable for your anger? Why or why not?
- Do you enjoy your anger?
- Do you feel your anger has become a habit?
- Do you need your anger?
- At whom is your anger directed?
- Is the anger used to intimidate?

Note: Anger can be habit forming as much as anything. Justification of anger creates a need or anger. A need fulfilled brings satisfaction.

With any renegade emotion we need to enlist the power of the Holy Spirit in addressing it. It might take time, but God's promises never fail and He will allow you to overcome. Below are some thoughts to consider:

1. Admit your anger privately and publicly and bring it before the Lord.
2. Accept the fact you have chosen to be angry.
3. Remember, anger in and of itself is not sin, but what we do with it can become sin. It is only when we refuse to acknowledge or deal with it that it becomes a problem. Do not allow sin to remain unresolved.
4. Do you feel you have the right to be angry? If so, why?
5. Do you feel the need to be angry? What do you do to let off steam?
6. Who or what makes you the angriest?

7. Are you willing to deal with your anger?
8. Are you aware of the dangers of "unexpressed" anger?

One last thing before we leave the “putting off” and begin the “putting on.” Below I have list a number of symptoms or characteristics of anger. Look them over.

1. Do you use abusive language?
2. Do you exhibit aggressive behavior?
3. Do things annoy you frequently?
4. Are you often frustrated?
5. Do you get depressed often?
6. Are you bitter over something?
7. Do you tend to be critical and negative?
8. Do things or people displease you?
9. Would you say you are surly?
10. Do you have feelings of guilt?
11. Are you hostile?
12. Do you have feelings of hate?
13. Do you want to get even with people?
14. Do your feelings get hurt often?
15. Are you often indignant?
16. Do you get irritated easily?
17. Do you harbor resentful feelings?
18. Have you been accused of being selfish?
19. Do you feel your rights have been trampled and denied?
20. Do you throw temper tantrums?
21. Do you feel tense frequently?
22. Do you find yourself in stressful situations often?
23. Do you tend to withdraw?
24. Do you experience muscle tension?
25. Do have headaches or migraines?
26. Are you impotent/frigid?
27. Do you have ulcers/colitis/diarrhea?
28. Do you have high blood pressure?
29. Are you anorexic?
30. Would you say that you are stubborn?
31. Do you feel rebellious?
32. Do you feel God has failed you?
33. Are you failure prone?
34. Do events tend to overwhelm you?
35. Do you feel like running away?
36. Do you swear?
37. Do you tend to be nervous?
38. Do you feel you are contributing significantly?
39. Do you tend to be hyper?

- 40. Do you feel you have the right to be angry?
- 41. Have you experienced a significant loss?

PUTTING ON MY NEW CLOTHES

Many Christians never give a thought to the characteristics of our new identity. If we don't know who we are or what we are, then we are nothing. This God won't allow. Since He doesn't make any junk, He wants you to become all that He wants you to be. This is an incredible adventure! Paul in writing to the Corinthians says this in 2 Corinthians 5:17, *“Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come.”*

The first thing to realize and to accept is as a Christian you are a new creature, a new Creation.

Problem

The person I believe myself to be.

Solution

The person God knows me to be.

Secondly, Christ has taken up residency in your heart. You now have a permanent resident within. The Apostle John declared, *“Jesus answered and said to him, ‘If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our abode in him”* John 14:23.

Now if your heart happens to be your living room, our Lord will not be satisfied to be stuck there all the time. You see, He wants to invade every area of your home, and He desires for you to willingly allow him to be Lord of your home! Remember, He is the world's best housekeeper and caretaker in the world. With Him at home, you don't have to worry.

Third, He has made you a righteous person. You might not feel righteous. In fact, you might be doing some things that are not righteous, but that doesn't change the fact God has imparted to you a right standing with Himself. (See 1 Corinthians 1:30).

Fourth, He has given you a new heart and a brand new spirit and has given to you all that He can. You cannot have more of God than you possess right now. Your new human spirit is complete (Colossians 2:9-10). What the Spirit of God is doing is making you conform outwardly to what He has done inwardly.

Problem

The person I believe myself to be

Solution

The person God knows me to be

Promise

My anchors

God's answer to anger and to all renegade emotions is not to remodel them but to replace them with something far better. Rather than living and expressing the deeds of the flesh (Galatians 5: 19-21), God will replace them with the fruit of the Spirit (Galatians 5:22-23).

PERSONAL GYMNASTICS

I have found it most helpful, in fact, crucial that I spend time daily with God. Consequently, I have set time aside every day (morning usually) to deal with my day, my problems, my hopes, concerns, and so on. I also make it a point to deal specifically with any problem following the pattern established in Ephesians 4:22-24.

In my devotional time, I acknowledge the problem (for example, “God, I am angry at my wife.”), and acknowledge the solution (“God, I surrender my anger to you, laying it on the altar. I thank you that you crucified my anger at the cross and are now replacing it with a deep love and gentleness for my wife, no matter what she says or does.”).

Therefore, I am addressing the issue in prayer. Since changing me is beyond my best efforts, it has to be a God thing and it is! His love is so great that He will endure and has endured much to make us His incredible masterpiece!

SPENDING TIME WITH GOD...

LESSON ONE

MANAGING OUR ANGER

The purpose of this lesson is to recognize anger. Please evaluate yourself on a value of 1 – 10. 1 – 3 = never to almost never; 4 – 6 = sometimes to often; 7 – 10 = frequent to always. Your evaluation should reflect how you feel right now.

	never	sometimes	always
1. Are you fearful?	1	2 3 4 5 6 7 8 9 10	
2. Do you feel threatened?	1	2 3 4 5 6 7 8 9 10	
3. Do you get angry easily?	1	2 3 4 5 6 7 8 9 10	
4. Do you “blow up”?	1	2 3 4 5 6 7 8 9 10	
5. Are you angry with anyone?	1	2 3 4 5 6 7 8 9 10	
6. Do you feel resentment?	1	2 3 4 5 6 7 8 9 10	
7. Do you have headaches?	1	2 3 4 5 6 7 8 9 10	
8. Do you have stomach problems?	1	2 3 4 5 6 7 8 9 10	
9. Are you under stress?	1	2 3 4 5 6 7 8 9 10	
10. Do you feel bitter?	1	2 3 4 5 6 7 8 9 10	
11. Are you an angry person?	1	2 3 4 5 6 7 8 9 10	
12. Is your anger right?	1	2 3 4 5 6 7 8 9 10	
13. Do you hate anyone?	1	2 3 4 5 6 7 8 9 10	
14. Are you frustrated?	1	2 3 4 5 6 7 8 9 10	
15. Are you goal oriented?	1	2 3 4 5 6 7 8 9 10	
16. Do you accomplish your goals?	1	2 3 4 5 6 7 8 9 10	
17. Are you depressed?	1	2 3 4 5 6 7 8 9 10	
18. Were you the favored child?	1	2 3 4 5 6 7 8 9 10	
19. Were your parents fair?	1	2 3 4 5 6 7 8 9 10	
20. Were your parents strict?	1	2 3 4 5 6 7 8 9 10	
21. Do you want to control?	1	2 3 4 5 6 7 8 9 10	
22. Are you a perfectionist?	1	2 3 4 5 6 7 8 9 10	
23. Are you irritated easily?	1	2 3 4 5 6 7 8 9 10	
24. Are people selfish?	1	2 3 4 5 6 7 8 9 10	
25. Do you curse?	1	2 3 4 5 6 7 8 9 10	
26. Do you use abusive language?	1	2 3 4 5 6 7 8 9 10	
27. Do you tend to withdraw?	1	2 3 4 5 6 7 8 9 10	
28. Are you a critical person?	1	2 3 4 5 6 7 8 9 10	
29. Do little things bother you?	1	2 3 4 5 6 7 8 9 10	
30. Are you rebellious?	1	2 3 4 5 6 7 8 9 10	

	never	sometimes	always
31. Do you feel anger is wrong?	1 2 3	4 5 6 7 8	9 10
32. High blood pressure?	1 2 3	4 5 6 7 8	9 10
33. Are you stubborn?	1 2 3	4 5 6 7 8	9 10
34. Do you get angry with God?	1 2 3	4 5 6 7 8	9 10
35. At your father?	1 2 3	4 5 6 7 8	9 10
36. At your mother?	1 2 3	4 5 6 7 8	9 10
37. At others?	1 2 3	4 5 6 7 8	9 10
38. At your husband or wife?	1 2 3	4 5 6 7 8	9 10
39. Do you feel hostility?	1 2 3	4 5 6 7 8	9 10
40. Do you like yourself?	1 2 3	4 5 6 7 8	9 10
41. Do you “get even”?	1 2 3	4 5 6 7 8	9 10
42. Do people slight you?	1 2 3	4 5 6 7 8	9 10
43. Do people hurt you?	1 2 3	4 5 6 7 8	9 10
44. Are you happy?	1 2 3	4 5 6 7 8	9 10
45. Do people get to you?	1 2 3	4 5 6 7 8	9 10
46. Do you fear failure?	1 2 3	4 5 6 7 8	9 10
47. Do you fear rejection?	1 2 3	4 5 6 7 8	9 10
48. Are you patient?	1 2 3	4 5 6 7 8	9 10
49. Do you pity yourself?	1 2 3	4 5 6 7 8	9 10
50. Do you accept authority?	1 2 3	4 5 6 7 8	9 10

1. List the people with whom you find yourself the most frequently angry.
2. List the reasons why they make you angry.
3. Are you angry with God? Why?
4. Describe at least three situations in which you became angry.
5. List several things that the person(s) closest to you does that irritates you.

6. Describe your emotional feelings of anger. Do you blow up, clam up, become depressed, or feel hurt?

7. When you become angry, do you feel that it is uncontrollable?

8. Do you feel guilty after becoming angry?

9. Do you feel you have the right to be angry? Why?

10. Why do you think you get angry?

11. What do you propose to do about your anger?

LESSON TWO

GOD'S ANSWER TO MAN'S ANGER

This lesson is designed to help you acknowledge your anger. When a Christian acknowledges his anger and accepts the responsibility for his anger, then victory over anger becomes a distinct probability rather than a remote possibility.

The Bible teaches we are accountable for the decisions we make. No matter what the reasons we have for anger, it must be understood that we chose to be angry, and are accountable for that decision.

You may have “reason” for your anger but do you have the “right” to be angry? Have you reserved for yourself the “right” not to be angry? One last question; did the person with whom you are angry put the anger in you, or are they just drawing it out?

To gain a biblical perspective of anger, write out what you feel the following passages mean.

1. Proverbs 14:17:

2. Proverbs 14:29:

3. Proverbs 15:18:

4. Proverbs 19:11:

5. Proverbs 29:11:

6. Proverbs 29:20:

7. Proverbs 29:22 :

8. Proverbs 25:28:

List at least five “expectations” that you feel are valid for you. (Circle the + if you feel they are being met, and circle the – if you feel they aren’t.)

1. _____ + -
2. _____ + -
3. _____ + -
4. _____ + -
5. _____ + -

Do you get angry when your expectations are not met?

Everyone has needs. When they are not met, anger and hurt often ensue. Listed below are a number of needs. Again, circle the + if they are being met, and the – if they are not. Circle the letter corresponding with the person you feel should meet your needs: (Y) yourself, (S) spouse, (P) parents, (O) others.

1. To be loved: _____ Y S P O + -
2. To be needed: _____ Y S P O + -
3. To be understood: _____ Y S P O + -
4. To be wanted: _____ Y S P O + -
5. To be cared for: _____ Y S P O + -
6. To have significance: _____ Y S P O + -
7. To be approved: _____ Y S P O + -
8. To be secure: _____ Y S P O + -
9. To belong: _____ Y S P O + -
10. To be fulfilled: _____ Y S P O + -

One of the major causes of anger is the denial of our rights. Listed below are a number of “rights.” Which of the following do you feel to be your “right?” Circle the - if you feel they are being denied and by whom.

- | | By whom |
|----------------------------------|---------------|
| 1. Right to be treated fair | _____ - _____ |
| 2. Right to make own decisions | _____ - _____ |
| 3. Right to date | _____ - _____ |
| 4. Right of self-expression | _____ - _____ |
| 5. Right to do my own thing | _____ - _____ |
| 6. Right to be obeyed | _____ - _____ |
| 7. Right to my own money | _____ - _____ |
| 8. Right to privacy | _____ - _____ |
| 9. Right to my own opinion | _____ - _____ |
| 10. Right to have my own friends | _____ - _____ |
| 11. Right to be protected | _____ - _____ |
| 12. Right to be free | _____ - _____ |
| 13. Right to be appreciated | _____ - _____ |
| 14. Right to be heard | _____ - _____ |
| 15. Right to receive affection | _____ - _____ |

Read Philippians 2:5-11. Do you feel Jesus gave up His rights? Are you willing, at this moment, to lay your rights before God and give them up to Him? As you pray about this, ask God to empower you to surrender all of you rights to Him.

LESSON THREE

GOD'S ANSWER TO MAN'S ANGER

This lesson is to correctly understand the purpose of forgiveness when dealing with anger. You can be angry and forgive. You can forgive and still be angry. But you cannot be forgiven and not forgive. While many Christians equate anger and forgiveness, the Bible does not! It is two separate issues. Forgiveness is not the biblical way to deal with anger.

Only Jesus has the authority to forgive sins (Mark 2:10). In providing us with God's forgiveness, Jesus expects us to forgive those who have wronged us. We can forgive because He first forgave us. We forgive by faith, not by feeling. Anger is not the basis either to forgive or not forgive.

Anger is one of those renegade emotions that must be dealt with by God's methods, not by man's. Unresolved anger is a cancer that will eat away at your soul until there are real physical and emotional problems. Anger is such a strong emotion that God must deal with it. That is why Paul urges us to "put off" (to God) our anger (Ephesians 4:31).

BEING FORGIVEN

1. God is called a God of forgiveness (Nehemiah 9:17). Read Psalm 130:3-4. Do you agree with this? Explain.
2. Who alone has the authority to forgive sins (Mark 2:1-13)?
3. Who can be forgiven (Acts 10:43)?
4. How many of your sins did Jesus forgive (Colossians 2:13)? Would you include past, present, and future sins?
5. Does God remember our sins (Isaiah 43:25, Hebrews 10:14, 17)?
6. What does He do with our sins (Psalm 103:12; Isaiah. 1:18)?
7. Does God condemn us (Romans 8:1)? Explain.
9. Read Matthew 27:27-66. Take a piece of paper and list every sin you have committed that the Holy Spirit brings to mind. Then write 1 John 1:9 across it. Tear it up. Now thank God that you know you are forgiven.

CLAIMING FORGIVENESS

1. If God has unconditionally forgiven you, can you think of any reason whatsoever that you cannot claim God's forgiveness?
2. On the basis of God's forgiveness, are you willing to claim it now? If not, why not?
3. The Living Bible says, "*For God took the sinless Christ and poured into Him our sins. Then, in exchange, He poured God's goodness into us*" 2 Corinthians 5:21. On the basis of this verse, what can you conclude about your sins?
4. The Apostle Paul, before he was a Christian, murdered and maimed the Christians of the early Church. Yet, God saw fit to save and forgive him. In light of this, is there any sin you might have committed that you feel is too terrible to be forgiven?
5. At this time, in the privacy of your study, list every sin that has been troubling you. As you write, declare out loud, "On the basis of the Cross and Christ's shed blood, I accept God's forgiveness personally."

FORGIVING OTHERS

1. Read Matthew 18:21-35. What do you feel the point of this passage is?
2. Do you feel it is God's will to forgive others (Matthew 6:14-15)?
3. If God commands, then it is His will! According to 1 John 5:14-15, can we ask God for the power to forgive others?
4. Wouldn't it be better to love someone rather than to be angry with him or her? Read Ephesians 5:15-21 and write out what you feel is the meaning of this passage.
5. Take a piece of paper and list every person who has made you angry. Across from their name list the things they did to make you angry. They might have hurt you, denied your rights, or maybe they didn't meet your expectations. Whatever they did, for every time they did it, say out loud in prayer, "I forgive them for _____, and I no longer choose to hold on to my anger toward them. Holy Spirit, thank you that my anger has been crucified and that you are replacing my anger with your spirit-filled emotions (Galatians 5:22-23)."

8. Ask God to show you if any type of restitution should be made.

As I mentioned previously, the case I had where the mother and daughter had not spoken to each other for 7 years. Then as the daughter dealt with her anger, she saw the need to forgive her mother. One evening she saw her mother and said, “Mother, I love you and I forgive you. Will you please forgive me?” Reconciliation took place immediately.

A lot of precious time had gone by. Don’t allow anything to stand in the way of restoring a relationship that the Holy Spirit wants you to restore.

For further study on forgiveness, I recommend my books, “*God’s Incredible Forgiveness*,” “*A Treasured Possession. God’s Unconditional Forgiveness for all Believers*,” and “*It Took a Miracle (Forgiveness)*” which is Book 8 in the *Pneumanetics Original* series, and can be secured by going to www.HisTruthTransforms.org/Store.

Your pastor or Biblical counselor will be glad to help you in restoring relationships. Ask him or her for guidance and advice.

LESSON FOUR

GOD'S ANSWER TO MAN'S ANGER

The purpose of this lesson is to give you a Biblical perspective on anger. Since the Bible is God's Word, then it will give us His thinking about our anger.

1. Read Genesis 4:1-8. Why did Cain get angry?

Was he right in getting angry?

How should he have handled his anger?

What lesson can you receive from this passage?

2. In Genesis 13:1-13, we see of strife between Abram's workers and Lot's. Read this passage.

What caused the anger between them?

Do you know of any situations where friends, neighbors, or relatives are at odds over some circumstance?

How did Abram handle the problem?

What do you think of Lot's attitude?

Can you think of any solution to the problems of anger that people you know are facing?

Could you help them?

Are you facing any situation that needs to be dealt with?

How are you going to handle it?

3. Too often resentment is allowed to build up between married couples. Unresolved, it turns into anger. The cause of resentment is most often denial of rights, hurt, or unmet expectations.

Read Genesis 30:1-2. What was the cause of the problem between Rachel and Jacob?

Can you think of any resentment that might exist between you and your spouse?

Read Proverbs 14:29. Do you feel that God wants you to be angry with your spouse?

Are you willing to deal with any anger, bitterness, or resentment that exists right now between you and your spouse? (or between you and the person(s) you're closest to?)

Write out how you propose to handle your anger, or your spouse's anger.

4. Write out in your own words what you feel the meaning to be in the following passages?

Proverbs 14:17

Proverbs 15:1

Proverbs 15:18

Proverbs 16:32-33

Proverbs 17:14

Proverbs 19:11

Proverbs 19:19

Proverbs 22:24-25

Proverbs 30:33

5. What do you feel God's attitude is toward our anger?

Are you willing to give your anger over to the Lord?

6. Write out how you propose to deal with your anger.

LESSON FIVE

GOD'S ANSWER TO MAN'S ANGER

The purpose of Biblical Counseling is to bring a Christian to perfection and completion (Ephesians 4:12 and Colossians 1:28). The word “*perfect*” in the Greek means to “equip for service,” while completion means “to bring to a state of completeness.”

The purpose of this book is to help you overcome your anger. In so doing, it will not only help equip you for service, but it will begin the process of completeness.

In the previous lessons, we have seen the negative aspects of anger. Both the Old Testament and the New Testament view anger as an emotion that needs to be dealt with.

1. Read James 1:19-20. In view of this, would you say that anger could be a problem that would hinder your walk with Christ?
2. In Galatians 5:22-23, there is listed the Spirit-filled emotions. Is anger listed among them?

Why do you think it is omitted?

3. Do you feel anger to be a part of your new identity in Christ?
4. In the following passages, what are we commanded to do in Ephesians 4:31?

Again, what are we commanded to do in Colossians 3:8?

5. Is anger listed as one of the deeds of the flesh (Galatians 5:19-21)?
6. In view of Ephesians 4:26-27, would you say it is wrong to repress anger?

Should we recognize it and deal with it?

7. What are we to “put off,” “put to death,” or “lay aside” in the following passages?

Romans 13:12

Ephesians 4:22

Ephesians 4:25

Colossians 3:5, 8

Hebrews 12:1

James 1:21

1 Peter 2:1

8. What are we to “put on” in the following passages?

Romans 13:12, 14

Ephesians 4:24

Ephesians 6:11-18

Colossians 3:10, 12

1 Thessalonians 5:8

There is in Scripture a perfect blending of God’s sovereignty and man’s will. The power and authority come from God, the decision to do so comes from man.

In the Bible, the person of the Holy Spirit is always associated with authority and power. It is imperative that a Christian be “filled with the Holy Spirit!”

As a part of this study, I would suggest my books, “*Candidate for a Miracle (Being Filled with the Spirit)*,” which is Book 9 and “*Living on the Cutting Edge*,” which is book 10 in the *Pneumanetics Original* series and can be secured by going to www.HisTruthTransforms.org.

First, make certain that you have chosen, by faith, to come under the authority of the Holy Spirit, that you're filled with Him. This gives you the **power** to overcome anger.

Next, read Romans 8:13. What does it say?

Are you willing to confront your anger directly? Are you willing to submit your anger to the Holy Spirit? Next, are you ready and willing to forgive those who have angered you? **Then do it!**

You must decide to "put off" your anger. Don't repress it, or do away with it, let God crucify it. You must choose to "put on" love, patience, etc. **Do it!**

Most often we can only deal with anger when we are angry. Instead of responding in anger, or when anger is there, immediately commit it to the Lord. Immediately, forgive the person, or give the situation to the Lord. Say out loud, "I choose to put off my anger! I choose to put on righteousness!"

Learn under the Holy Spirit's direction to express anger in spiritual ways, such as Proverbs 15:1 or Ephesians 5:19-20. As you practice the process of "putting off and putting on," you will find the victory in overcoming anger.

YOUR NEXT STEPS...

FOUNDATIONAL TRUTHS

The next step to understanding how to continue to express healthy emotions is to grow in your experiential knowledge of God. Developing a healthy identity that reflects the indwelling presence of Christ and accepting the Bible as God's Word—and therefore, as our final and supreme authority—are equally important.

Every Christian has a personal testimony of God's grace in their lives. Unfortunately, many remain only babies in Christ, choosing not to grow in Christian maturity and develop an intimate and joyful relationship with God. To continue in your journey of knowing God is to learn, understand, and activate what we call foundational truths.

“For everyone who partakes only of milk is not accustomed to the word of righteousness, for he is an infant. But solid food is for the mature, who because of practice have their senses trained to discern good and evil” Hebrews 5:13-14.

The first foundational truth is “**Understanding who you are in Christ.**” The reason this truth is so important is because most believers step into their new birth experience with their old mind chatter dictating their emotions, behaviors, and beliefs. This dialog is normally in opposition to their new identity in Christ.

The second foundational truth is “**The Holy Spirit.**” Without understanding of the indwelling, empowering work of the Holy Spirit, we are left to go through life under our own initiative and power instead of God's. The Holy Spirit is the One who takes God's Truths and makes them a reality in our lives.

The third foundational truth is “**Renewing the mind.**” Without the process of renewing our mind to the truth of who God is and who God says we are, we will continually struggle in our Christian walk striving to experience the abundant life Christ promised.

The fourth foundational truth is “**Seeing your Heavenly Father for who He truly is.**” The important point here is believers usually take their experiences with their earthly dads, moms, and authority figures, good or bad, and clip art those experiences to God's face and end up worshipping God incorrectly.

The cornerstone of these foundational truths is “**The Holy of Holies: the temple of God.**” Jesus, through His life, death, and resurrection, made it possible for believers to have immediate access to God and His throne, the Holy of Holies. For believers to understand they are God's temple and God's Spirit lives in them (1 Corinthians 3:16), brings in a worship that sets them free to experience their life in Christ, free to worship God in spirit and truth, and free to follow the Holy Spirit as He renews the believer's mind to truth.

For further study on these foundational truths, I recommend you do our *Free Indeed!* Bible study and our *Pneumanetics Original* series which are outlined on page 60.

As you have read this book, hopefully it has helped you begin to know God at a deeper level so He becomes the most important person in your life. As our relationship with God continues to mature, it allows us to break free from the power of sin, free from the power of our renegade emotions, and live in victory as a believer. God's empowering presence is what enables us not only to live the Christian life victoriously, but to serve Him effectively. This transformation makes us outwardly what God has already made us to be inwardly.

RENEWING OUR MIND

As we have said, emotions are a fact of life, but we don't have to experience them in a negative way. God doesn't simply remove the destructive emotions that taunt and haunt us. No, that would leave a vacuum which cannot exist. He does something far better; He replaces them with Spirit-filled emotions.

Emotions in and of themselves are not right or wrong. They are morally neutral. However, they do communicate to us there is something going on in our thoughts and beliefs that need to be examined. We need to understand and allow our emotions to be an indicator to a deeper problem. When our emotions become messy and controlling, they have become more true to us than God's Word. This is why it is so important to ask ourselves, "Why do we feel the way we feel?" This is something David practiced.

"Why are you in despair, O my soul? And why have you become disturbed within me?" Psalm 42:5a.

There is a reason we feel the way we do, and we need to examine how our thoughts and beliefs are promoting our emotions. God desires to help us handle our emotions:

"Casting all your cares [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully]" 1 Peter 5:7, Amplified Bible.

The moment we accept Christ as Lord and Savior, we receive a new heart, a new human spirit, and the Holy Spirit comes to live within us. God is beginning a mighty process of conforming us to the image of His Son. The environment in which God does this work is called life and all that it entails. The method of conforming us to the image of Jesus is the work of the Holy Spirit through the revealing of truth, and it requires us to respond by applying that truth to our lives. As we are now understanding, Scripture calls this process renewing the mind, also known as "putting off" the lie or renegade emotion and "putting on" the truth or the healthy emotion. Again, our involvement in this process is imperative.

The question that comes up is "What lies are we renewing our mind from?" This would be anything and everything that stand in contradiction to God's Word. Since our unrenewed beliefs, thoughts, emotions, and behavior think in contradiction to God's truth, they must be dealt with so that we can function as God has designed us as new creations in Christ.

Recognition is the key to correctly diagnosing our renegade emotion. When we correctly diagnose what is causing our emotion it allows us to respond in a Godly way.

HOLY SPIRIT’S EMPOWERMENT

Christians seem to be willing over and over again to renew their efforts—rather than renewing their minds. Renewing our minds is not an option. It’s a command that comes directly from God. However, we cannot renew our minds correctly apart from the empowering presence of the Holy Spirit.

The Holy Spirit leads, directs, and executes our renewal from within us, something He does daily (2 Corinthians 4:16). There are many secular programs such as behavior modification or the power of positive thinking, but all of these programs attempt to change a person from the outside in, rather than God’s way of changing a person from the inside out. A true renewing of the mind can only come through the application of Truth by the Holy Spirit.

The renewing of the mind is a partnership, the product of an active, engaged relationship between us and the Holy Spirit—the same power that raised Christ from the dead—within us. Renewal is a process that, over time, changes our renegade emotions to healthy emotions or wrong beliefs into right ones. Renewal is a spiritual exercise where we practice to consistently make volitional decisions by our faith, rather than by our feelings.

PUTTING OFF / PUTTING ON

Again, a key principle of Christian sanctification is known as “putting on” and “putting off” or renewing our minds. The idea is simple. It means to change from one thing to another, in the same way that you would take off one set of clothing (“putting them off”), and then “putting on” another set of clothing in their place.

Putting off your renegade emotions can prove very frustrating because there’s typically a gap between the moment when we make a decision in faith and the outcome of that choice, the time when we finally get to experience the reality of that decision in our lives. But as you keep choosing God’s Truth, allowing the Holy Spirit to change you, permanent change will take place. Keep persevering in trusting God to keep transforming you into His likeness.

In the process of putting off, God never removes one thing without replacing it with something far better (putting on). If you find the prospect of becoming a different person intimidating, try to remember that God is in the business of creating masterpieces, not imitations. He loves you and He wants only what’s best for you—even more than you do!

Because we continue receiving inputs that we need to process for the rest of our lives, we are using the R.E.A.C.T. process in dealing with our renegade emotions and inaccurate beliefs to help us constantly challenge our erroneous belief system, transforming deception with Biblical truth.

RENEWING OUR MINDS USING R.E.A.C.T.

R -	RECOGNIZE	the real problem; identify the emotion and the source of that emotion.
E -	EVALUATE	your thoughts; ask God what you are thinking and believing that is causing this emotion

		to surface.
A -	AFFIRM	by admitting you alone are accountable for your emotional response. Ask God to show you anything in your life He wants to deal with.
C -	CONFRONT	in faith; recognize your emotions seem more real than God's Word. Ask the Holy Spirit to replace the negative emotion with His Godly emotion which motivates your Godly behavior.
T -	TRUST	in God, His Word, and the Holy Spirit to work in your life. Thank God He is in the process of conforming you to His image and allowing you to walk in your new identity in Christ.

RECOGNIZING OUR EMOTIONS:

In recognizing what emotion we are experiencing, we need to ask ourselves, “Has something made me produce this emotion, or do I feel this all the time?” In either case, recognizing our emotions and the source is necessary in dealing with them.

EVALUATING OUR EMOTIONS:

Start by acknowledging what emotion you are experiencing. Review the chart, “How Do You Feel?” on page 59. You can ask God, “How am I responding to people, situations, and circumstances?” to help identify what I am feeling. Then begin to ask God what your thoughts and beliefs are that are causing this emotion to surface.

AFFIRMING OUR EMOTIONS:

Affirmation is simply admitting to something in your life God needs to deal with. It is so easy to become upset at a person instead of dealing with what is going on inside us. The Bible teaches we are accountable for the decisions we make. Remember, we are responsible for our emotional response, no matter the cause. No one puts the emotion in us, they simply bring it out.

CONFRONTING THE EMOTIONS:

You cannot appease an emotion. With any emotion, we need to enlist the power of the Holy Spirit in addressing it. You simply confront it in faith, asking the Holy Spirit to “put off” your negative emotion and replace it by “putting on” His Godly emotion which motivates Godly behavior. It might take time but God’s promises never fail and He will allow you to overcome the destructive power of the emotion in your life.

TRUSTING GOD:

There can be no real or meaningful changes in lifestyle apart from the work of the Holy Spirit. Thank God He is allowing you to walk in your new identity in Christ. You are being conformed to His image. The end result will be you living in holiness and worshipping God which leads to experiencing the abundant life God promised!

HOW DO YOU FEEL?

<p>LONELY</p> <p>left out friendless forsaken lost isolated withdrawn lonesome insignificant separate rejected withdrawn</p>	<p>ANGRY</p> <p>furious hacked off aggravated mad hard irritated distant frustrated boiling indignant out of control</p>	<p>SAD</p> <p>dejected unhappy dreary woeful depressed cheerless blue grieving gloomy glum downcast heavy-hearted</p>	<p>HAPPY</p> <p>joyful ecstatic cheerful upbeat glad pleased delighted light bright vivacious elated bouncy</p>	<p>LOVING</p> <p>tender affectionate warm accepting kind devoted forgiving loyal sympathetic caring</p>
<p>GUILTY</p> <p>ashamed criticized cursed damned doomed dirty judged trapped embarrassed</p>	<p>INADEQUATE</p> <p>weak small useless bashful meager deficient inept powerless vulnerable</p>	<p>PEACEFUL</p> <p>calm quiet serene collected sedate content composed cool tranquil</p>	<p>BELONGING</p> <p>popular famous needed important well-known accepted attached influential valuable worthwhile</p>	<p>SECURE</p> <p>safe protected stable optimistic sure poised hopeful confident assured</p>
<p>AFRAID</p> <p>anxious frightened alarmed jumpy fearful shocked unnerved tight scared terrified timid shaky</p>	<p>HATEFUL</p> <p>hostile unfriendly mean critical quarrelsome nasty jealous spiteful harsh</p>	<p>POWERFUL</p> <p>strong energetic assertive upbeat great dominant pushy assured sure aggressive confident intoxicated</p>	<p>INNOCENT</p> <p>pardoned pure forgiven clean set free released exonerated fresh naïve acquitted justified</p>	<p>OTHER:</p>

ACTIVE STEPS:

To continue this transformation in making you outwardly what God has already made you to be inwardly we recommend the following classes and books:

- 1. Free Indeed! God's Empowering Word Infused in our Lives Makes us Free Indeed.**
This is a 9-week bible study held at His Truth Transforms International, local churches, home Bible Studies, or can be purchased and completed on your own.
- 2. Pneumanetics Original Series.** This 18-book series will cover every aspect of your Christian life. You can purchase the books and/or take our two semester training class, which is beneficial for personal growth or equipping you as a Biblical counselor. The following topics are:

SESSION 1 THE BASICS

- Book 1 Introduction
- Book 2 The Sufficiency of Scripture
- Book 3 The Nature of Man
- Book 4 The Fall of Man
- Book 5 The Self-Life
- Book 6 Spiritual Warfare

SESSION 2 THE BEGINNING

- Book 7 Our New Life in Christ
- Book 8 It Took a Miracle (Forgiveness)
- Book 9 Candidate for a Miracle (Being Filled with the Spirit)
- Book 10 Living on the Cutting Edge

SESSION 3 THE BELIEFS

- Book 11 Belief Systems
- Book 12 The Torah Syndrome (Legalism and Standards)
- Book 13 Becoming Who You Already Are (Building a Christian Identity)
- Book 14 FatherHunger/MotherHunger (AWOL Parents)

SESSION 4 THE BENEFITS

- Book 15 ABBA Father (Knowing God as Father)
- Book 16 A God for All Seasons
- Book 17 The Grace Connection
- Book 18 Worship His Majesty

- 3. Visit HTTI'S Bookstore** to order the additional books on *Preventing Emotional Meltdown; Overcoming Emotions that Destroy Series* which are "God's Solution for Man's Anger," "God's Solution for Man's Anxiety," "God's Solution for Man's Depression," "God's Solution for Man's Fear," and "God's Solution for Man's Guilt," as well as other books written by Jim Craddock.

Also, to learn more about the classes and seminars offered, or sign up for counseling at www.HisTruthTransforms.org.

ABOUT THE AUTHOR

James Henry Craddock, author, lecturer, pioneer in biblical counseling, and founder of several God-focused and life-changing ministries, came to Christ through the ministry of The Navigators on Okinawa, where he served as a nuclear weapons disposal technician. Following graduation from the University of Colorado, he joined Campus Crusade for Christ, where he ministered for 15 years to college students, speaking on more than 50 campuses each year.

In 1973, Jim founded Scope Ministries International, a ministry of biblical counseling. He has authored over 27 publications, including *Pneumanetics Original*, *Pneumanetics*, and co-authored *Be Transformed*, which continues to be used by individuals, churches and biblical counseling centers. In 1986, Jim founded the International Association of Biblical Counselors to unite the discipline of biblical counseling.

Following the Alfred P. Murrah Federal Building bombing in Oklahoma City, World Trade Center attacks in New York City, and several natural disasters, Jim wrote a Rapid Response Manual, which was used as a prototype by the Billy Graham Evangelistic Association (BGEA), to assist ministries in their disaster relief outreach. BGEA called on Jim to lead the counseling at The International Conferences for Itinerant Evangelists at Amsterdam 83, 86 & 2000 and to provide counseling at many of the BGEA Conferences around the world.

In 2006, Jim's latest calling was His Truth Transforms International. A faith-based, non-denominational 501(c)(3) ministry founded on the sufficiency of Christ and His Word.

On April 1, 2014, Jim went home to his Heavenly Father. We are so thankful that he spent his life taking biblical truths and transforming them into principles that, when applied, will transform a person's life from the inside out. Jim devoted his life to helping others know the one true God. He is greatly missed!

ABOUT HIS TRUTH TRANSFORMS INTERNATIONAL

– providing Biblical tools for effective ministry –

His Truth Transforms International (HTTI) was founded in 2006 by Jim and Doris Craddock and Christi Craddock Taylor. This unique nonprofit, faith-based, non-denominational 501(c)(3) ministry was founded on the sufficiency of Christ and His Word. HTTI is designed to utilize Biblical truth in the development of material and programs that will enhance a Believer's walk with Christ and their ministry for Christ. HTTI offers personal and group counseling, classes, seminars, published books and material that will deepen a believer's personal relationship with Christ, as well as equip one to disciple others, both locally and internationally.

HTTI's heartfelt conviction is that biblical counseling must have a solid foundation in the Word of God in order to provide answers to hurting people. HTTI's goal is not to fix a person's problems, but rather to see a person transformed from the inside out through the Holy Spirit, God, and His Word.

HTTI does not charge for their counseling. The ministry is funded through the generous gifts of people who have a heart for helping others or who have been personally impacted by their lives being transformed through God's work in this ministry. Donations can be made at www.HisTruthTransforms.org/Give.