



ANGER

Prayer:

Dear Lord, I desire to be more like your Son Jesus today. I want to know you more. Help me to be quick to listen, slow to speak and slow to become angry, I know you are rich in love and slow to anger. I know that anger does not bring about the righteous life you desire. (James 1:19). Help me to surrender my life to you today.

Scripture:

Ephesians 4:26

"In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold."

Worship Music:

10,000 Reasons (Bless the Lord) Matt Redman

https://www.youtube.com/watch?v=DXDGE_IRI0E

Reflection

God has given us the emotion of anger. Anger itself is not a sin. What you **do** with anger determines whether it is Christ-like or not. It can be used for his purposes in divine righteousness or it can be used to destroy us and those we love. During your WWWC weekend, you received the gift of being able to express your anger in a safe, non-judgmental setting. You were able to empty out some or all of your anger. As you go through your day today, be conscious of your thoughts and be aware of the ones that stir your anger. You have a choice of how to handle your anger.

2 Corinthians 10:5 (b) says, *"take every thought captive to obey Christ."* Picture your thoughts being lifted up to God in prayer, as incense is lifted up to the throne. Allow the Holy Spirit to determine the words you speak, the actions you take.

Journal:

- Take a deep breath and calm your heart. Release any anger or resentment that you carry and through prayer allow God to take your every thought captive.
- Read Mark 3:1-6 several times. On the second reading, ask the Holy Spirit to use your sanctified imagination and to place you in the story. Imagine you are actually in the synagogue on a Saturday. Jesus is present, the Pharisees are nearby, as well as a man with a withered hand. What are the sights, smells, and sounds around you? Who are you...? Perhaps one of the disciples? A Pharisee? a fly on the wall? The man with the withered hand? Notice your feelings as you observe the others? How does it feel to see Jesus so angry?
- Write down anything you feel the Lord is saying to you through this experience.



Soul Training Exercise: Keeping short accounts & practicing forgiveness

Choose to identify and remove any anger from your life as it comes up and get rid of it (remember how you safely experienced different physical and verbal exercises to get anger out of your body). Colossians 3:8 says, *“But now you must rid yourselves of all such things as these: anger, rage, malice, slander and filthy language from your lips. Do not lie to each other since you have taken off your old self with its practices and have put on the new self which is being renewed in knowledge in the image of its Creator”*. Practice forgiveness. Ask the Lord to forgive you. Ask him to help you forgive whoever wronged you. Ask God to replace the anger with the gift of the Holy Spirit’s peace, truth and light.