

Volume 3 - Day 5: Negative Emotion Triples

“For some reason we get a lot of emotional energy from negative emotions. When we can create a story line from someone’s offense toward us and weave it into a condemnation of them, the negative emotion **triples**. Mostly we see each other with clouded vision and colored glasses. Unless and until we develop different eyes to see each other, we will continue to trash each other emotionally.” — Richard Rohr

Cain murdered his brother because he was jealous of God’s approval of Abel’s sacrifice and rejection of his own. Confronted by God for his crime, Cain begged God to protect him from retribution of others who would take his life in return. Amazingly God placed a mark on Cain which was discernible in a completely illiterate society. The Mark of Cain revealed that anyone who hurt Cain would receive **seven times that hurt** from God Himself. Genesis 4:15. So, in essence, the **emotion actually is multiplied seven fold!**

You have likely experienced road rage or line rage (*anger when someone cuts in line ahead of you*). Your anger is definitely harmful to you, both emotionally or physically. Emotional distress causes all sorts of medical maladies. So, to be honest, even if you don’t express your anger, it is still harmful to you!

There is a terrific alternative. Instead of seething in anger, try to imagine a good reason for their behavior. Remember that you have committed similar crimes. Instead of attacking them, pray for their safety, healing or blessing. This will eliminate your anger and replace it with affection for them. Make every offense against you an opportunity to bring love, blessing and peace to those who offend you.

My Confirming Scripture: My Aligning Experiences: