

**Volume 4, Day 12: “Be Angry and Sin Not...” - Part 2 of 10**

Anger arises in the soul, when and only when, some other emotion has been hurt. Anger management is what the scripture calls for. However, you cannot manage anything which eludes your understanding. ...

Most people have likely heard that you should count to 10 before you respond when you are angry. And some can do that and actually refrain from expressing their hurts violently (with anger volume). However, in my experience, most people cannot do that. Most will have already verbally or physically reacted before they can count to ONE.

I was personally involved in a counselor training session where this issue was being addressed. As the leader moved in the direction of “wait” before you express anger, the Holy Spirit whispered to me. This will not work with you, so listen to the teacher with one ear while I teach you what you must do. After all, John Henry, in retrospect you will see that you have always immediately reacted (responded) before you even thought about what you were expressing or why! I admitted that this is true of me and others with a similar personality.

[ADMITTING the truth about myself is essential.]

This is what the Holy Spirit revealed to me, “John Henry, when someone kicks your can over, what spills out is what is in your heart. Since you spill out immediately without thinking, you need to change the contents of your heart such that what spills out is ‘love and compassion’ rather than your ‘self-serving attitude’ (acids, toxins, poisons, hurtful stuff)”. This made perfect sense to me. And it will also work with the 1 to 10 counters who manage to remain inexpressive. Actually, it works best for all because a loving expression is always cathartic. Silence may be golden, but it cannot compare to caring encouragement. So I embarked on a quest to remove the hurtful stuff and replace it with the ‘Love of God.’ Try it! You’ll like it!.

**My Confirming Scriptures:  
Aligning Experiences.**

**My**

DEEPER Every Day -- John Henry Alan