

Volume 4, Day 15: "Be Angry and Sin Not..." - Part 5 of 10

Further exploration of the progression from the 'abundance of the heart' (belief) to the 'mouth speaking' (expression) reveals useful information which can and does lead to 'transformation' (greater love and acceptance of others) through a renewing of the mind (change in beliefs) as written in Romans 12:2. Learning this progression, 'from the heart to expression, helped me affect changes such that when my cup is kicked over, healing love pours out instead of my caustic opinions and misguided understandings. I had received most of what I believe from 'well-meaning' family and friends. Yet, the Bible is the only trustworthy source of God's truth as revealed to us by the Holy Spirit's guidance to truth (John 16). Most of us have accepted many things which are only partly true and some things that are completely false!

I began to analyze each angry expression in order to discover what belief I held had been **hurt** (rejected). I first considered what feeling was involved. Once I had isolated the feeling, I asked myself why another's expression (word or action) 'hurt' that particular feeling. I asked God to reveal what I needed to change in my beliefs in order to eliminate the 'hurt' feeling. I did this repeatedly until the belief was changed or dismissed and the feeling ceased to be 'hurt.'

In 3 years, I had changed over 300 misperceptions into the reality of God's perceptions. The statement, "Your perception is your reality." became a constant awareness in my mind. And if you don't think this statement is true, consider the need for asylums for people whose perceptions are so far from reality that they must be contained for their own protection and the protection of those around them.

Let God's Holy Spirit "guide you into ALL truth..." which is His purpose in the life of the believer in Jesus. If you have trouble hearing His voice, be patient, He will ultimately guide you to the truth you need to know and enable you to make adjustments to what you believe. You can trust God NOT to misguide you on any issue on which you confer with Him!

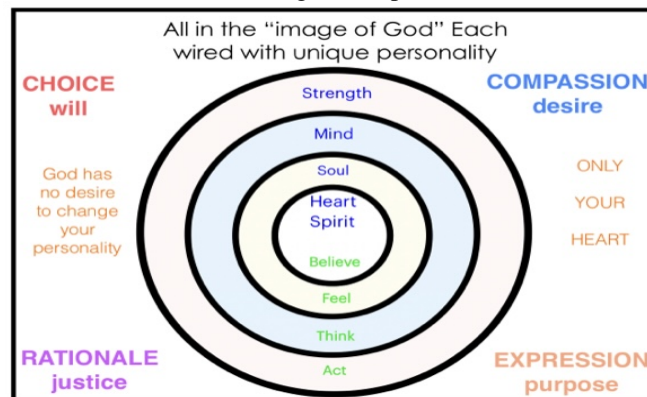
Volume 4, Day 16: "Be Angry and Sin Not..." - Part 6 of 10

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. ...

"...out of the abundance of the heart the mouth speaks." (Matt. 12:34) The progression mentioned in a previous day's message might be restated as, "What my spirit chooses to believe, when that belief is challenged or affirmed, creates a feeling {negative or positive}, which my mind ponders with regards to how to express my displeasure or my pleasure and then my body expresses those thoughts." We are "made in the Image of God." The four aspects of God's image in which we are made are: CHOICE, COMPASSION, RATIONALE and EXPRESSION. Our 'free will,' 'desire,' 'sense of justice' and 'purpose for communicating' correspond to God's ways. With the HEART we choose beliefs. With our SOUL we feel. With our MIND we think about what course of action or words we will use. And with our STRENGTH (body) we express ourselves (do or say). Jesus actually described this imagery in the Gospel of Mark.

In Mark 12:30 Jesus describes the likeness of humans in the image of God is having 4 unique parts:

Heart – Soul - Mind - Strength (expressions: word or action)



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Volume 4, Day 17: "Be Angry and Sin Not..." - Part 7 of 10

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One aspect of anger which is seldom considered is that most anger directed at people has beneath its noisy or violent expression some anger toward God as well. After all, most people believe that God could prevent evil from happening or bad things from happening to good people. In retrospect I could see that nearly all of my prayers were asking God to do something **for me** like taking away problems, or filling my pockets with money. And when God did not answer my prayers with a resounding 'yes' and in short order, I was at least a little bit displeased. Most of my prayers up to that point were asking God to do good things and eliminate bad things (as I defined them).

So then, when processing 'anger management' techniques, which in this case is diligently striving to change the negativity in my soul into positivity toward myself, others and God, I should strongly consider if and why I might be mad at God Himself. It is likely that I am asking God for things which will not serve His purposes for me.. To that end, this volume of devotional messages includes a series on 'prayer.' Our pursuit of a 'clean' heart must include dialog with God in every moment of decision. You may even find that you have 'some' anger toward God in 'every' angry expression.

The most common anger is about one's sense of fairness having been violated. Now, to be sure, most of us have a similar sense of fairness. But when we do not, it creates conflict of the highest order. Wars are mostly fought over religion or politics, both of which are matters of opinion. But flying in the face of our pursuit of fairness is the fact that Jesus was treated the most unfairly of any human who ever lived. Therefore praying for 'fairness' is not God's desire. Praying for God's purposes to be fulfilled is most consistent with His desire.

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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. ...

In order to affect changes in your motives you must first know what your motives are. We often hate in others the motives we cannot stand in ourselves. But we rarely notice that our opinions of others mostly assume that **everyone else is like me, warts and all**. So, when you are judging another person, snag that criticism and be introspective with it. It well could become a scalpel which will perform exploratory surgery, as it were, on your spirit (motives). And it is highly likely that all of this exploratory surgery will be painful.

When you dissect an angry expression and isolate the 'hurt' emotion and tie it to something you believe, you are prepared for 'heart' surgery. This can be performed with the assistance of a counselor (heart specialist) or with only the assistance of God, the ultimate physician, especially of the heart. The first step is to ask yourself, "Is my anger directed toward another person(s) or toward God?" If the answer is 'both,' process the anger toward another person separately from your anger toward God.

ANGER TOWARD GOD: Ask yourself,
"Why are you expressing anger toward God?" and
"What is it that I believe about what was just said or done that caused this particular emotion to be 'hurt?'"

REMEMBER: Be specific as to the emotion not the expression (anger).

ABOUT THE BELIEF: Ask yourself,
"Not that it is true, but does my belief 'feel' true?"

Then, present that belief to the Lord and pray,
"LORD, what do You want me to believe instead of what I do now?"

It is God's Holy Spirit who can correct your beliefs! Just let Him do it!

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Volume 4, Day 19: "Be Angry and Sin Not..." - Part 9 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. ...

ANGER TOWARD ANOTHER PERSON: Ask yourself,

"Would you have any hesitation about expressing the opposite of anger?" and

"What do you believe would happen if you did the opposite behavior?"

The answers here should help you determine the reason for your angry expression (words or actions). The reason will be a belief which you have.

REMEMBER: Be specific as to the emotion not the expression (anger).

ABOUT THE BELIEF: Ask yourself,

"Not that it is true, but does my belief 'feel' true?"

Then, present that belief to God and pray,

"LORD, what do You want me to believe instead of what I do now?"

It is God's Holy Spirit who can correct your beliefs! Let Him do it! Often the Holy Spirit takes you to a Scripture which expresses a belief that will bring you relief. It may be another verse you memorized which brings with it a belief contrary to the one you held which precipitated your behavior (angry expression).

I found it most helpful to assume that what I had been believing needed to be changed. Jesus, never had a bad thought about people. He had an unfailing compassion and understanding of their emotional needs. He loves without conditions of behavior or motive. That is what His life, death, resurrection and ascension are all about.

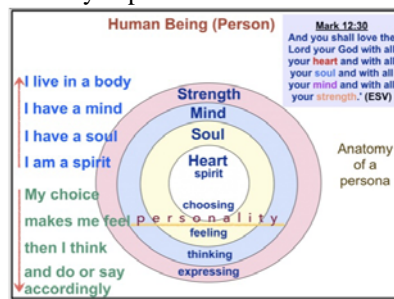
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In summary, anger management is directed by God's Word, but only applied by my choice. Blaming others for my 'hurt' feelings is counter-productive. It is only the truth about **myself** that will set **me** free. When I am free from all fear, pain, embarrassment and all other self-focus, I am free indeed!

All of my 'hurt' feelings boiled down to playing to the wrong audience. My concerns about pleasure, prosperity, popularity, reputation, power and control being found in a human audience caused every 'hurt' feeling! When I began playing to an audience of one, God, who loves me always and without conditions of behavior or motive or results, all 'hurt' feelings vanished.

Although I sort of backed into the truth of God's Word using this practice to manage my anger by filling my heart with love, joy and peace, at least I discovered the truth is clearly stated in Galatians 5:16 "This I say then, Walk in the Spirit (of God) and you will not fulfill the desires (**p, p, p, r, p, c** above) of the flesh (my spirit). Notice the progression from choice of belief to expression. It will either be dictated by my spirit or God's Spirit. It is my free will choice to do it myself or "let God" do it in every experience of life!

I now make a **cognitive choice** in every encounter **to surrender my choice** to the Spirit of God. **His** beliefs bring **His** feelings to bear such that **His** thoughts will specifically craft **His loving expression!**



My Confirming Scriptures: **My Aligning Experiences:**

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Volume 4, Day 21: Eliminating 'hurt' One Emotion at a Time

We are spiritual beings, driven purely by emotions. We cannot change our emotions, but we can change beliefs which affect them. Our anger or euphoria, madness or exuberance depend on the choices we make as to what we believe. And what we believe can be changed by choice. The ultimate in personal peace, pleasure and healthy relationships begins with a hot pursuit to understand what God believes and resonate with His heart. The pattern is obviated by our human relationship with our most significant other. When God becomes our most significant, we will have been fully redeemed and our selfishness will have been replaced with His unconditional and unselfish caring.

The chart below may help you to identify emotions which are easily 'hurt' so that you can process the anger with God and eliminate each 'hurt' emotion. You can test each new belief against the truth of scripture so as to insure healthy change.

ANGER is the natural EXPRESSION of the violation of one's sense of well-being		
anger is the expletive expression of a negative emotion		
love — hate .	joy — sorrow	tranquility — anxiety
confidence — fear .		wonder — terror
pride — shame		innocence — guilt
bliss — misery		delight — disgust
satisfaction — disappointment		happiness — sadness
acceptance — rejection		affirmation — humiliation
compassion — apathy		contentment — envy
euphoria — despair		ecstasy — agony
intimacy — loneliness		admiration — contempt
ANGER is how loudly or violently I express my displeasure about what feeling has been hurt (emotional 'distress')		
BLISS is how loudly or ecstatically I express my pleasure about what feeling has been affirmed (emotional 'delight')		

My Confirming Scriptures:

My Aligning Experiences:

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