

20 Days of Trouble

Topic #2 - Anger

Textbook Def:

A strong feeling of displeasure and belligerence aroused by a wrong; wrath; ire.*

Real-Life Look:

The teacher has it out for my kid. He's singling her out for abuse, ruining her school experience, wrecking her confidence, and making life miserable for all of us. This teacher shouldn't be in a classroom negatively impacting the very kids he is supposed to be helping. I just want to strangle this awful man.

I never said the things I've been accused of. Never! Why is she lying about me? Honestly, I can't even wrap my head around the allegations. And defending myself against a liar seems impossible. I'm so ticked off I can't even see straight.

Dealing with my ex has raised my blood pressure through the roof. He doesn't support our kids emotionally, financially, or spiritually yet claims HE'S the victim? How does THAT work? And when did this become about HIM? Shouldn't the needs of our children come first? The fury raging in my body is indescribable.

How could someone be so awful and live with themselves? She is controlling, selfish, nasty, and rude, but unfortunately, no one wants to confront her. Previous attempts have been to no avail, so why bother again? The problem? Her issues are affecting my life and there is nothing I can do but suffer the consequences. Not that it makes any difference, but for the record, I'm fuming mad.

Sword of the Spirit:

"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." Ephesians 4:26-27

"My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires." James 1:19-20

“Do not be quickly provoked in your spirit, for anger resides in the lap of fools.”
Ecclesiastes 7:9

Breaking It Down:

I once had a counselor, David, tell me that I process ‘more like a guy than a girl.’
Hmmm...I wasn’t terribly excited about this declaration or quite sure what to make of it.
David continued that most men respond with anger when faced with a difficult situation and women tend to lean towards sadness. I couldn’t really argue with him. Anger came altogether too easily for me.

It took me a very long time and a lot of work not only to curb my angry outbursts, but also to wrestle with my prideful spirit. I wasn’t necessarily ashamed of my angry rants or my extraordinary ability to slice and dice someone with my vicious tongue. *Even today, I’m too often tempted by the momentary satisfaction a verbal lashing would bring.*

The difference?

I refrain. Every.single.time.

But it’s no small task and takes a very intentional, ongoing effort.

Righteous anger is understandable. We’ve all been wronged, persecuted, or otherwise abused. None of us are exempt. The difference rests in how we respond to our anger.

Do we let it fester and stew?

Do we lash out irrationally?

Do we try to hurt back?

Do we develop a deep root of bitterness?

None of these are acceptable.

Our response to anger, instead, should be a very calm, measured, healthy, mature approach. Sound impossible? It’s not. It’s a choice. You have only to experience the benefits of taking the ‘high’, God-honoring road once and you’ll immediately understand why responding otherwise is destructive and unhealthy.

The Benefit in Decluttering Trouble

When tempers flare and conflict heats up, people watch. They wait with curious anticipation, wondering how you will handle the situation. If you want to make a lasting impression, give them something totally unexpected to think about. By not allowing your human sin nature to take over, you bear an incredible witness to our Heavenly Father. Displaying a gentle spirit of kindness and forgiveness, or even demonstrating the discipline required for silence, will make a profound statement of faith and bear witness to your walk and relationship with Christ, not to mention your character and integrity.

And it's not just about everyone else. Studies have shown that high-strung people with anger issues have a higher incidence of blood pressure, heart, and health issues. Headaches are more frequent, and stress and anxiety are daily visitors. I'll pass, thank you very much!

Decluttering anger, which occasionally will even require decluttering a person, produces a more fruitful walk, bears beautiful witness, and paves the way for a healthier, more joyful life.

*dictionary.reference.com

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