

# Treatment For Anger

*'My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires. Therefore, get rid of all moral filth and the evil that is so prevalent, and humbly accept the word planted in you, which can save you.'* (James 1:19-20)

Last week we discussed the effects and consequences of anger to its victims or to those who practice it. Today, as the Spirit of God leads, we will discover from the word of God how to combat this enemy. This wide open gate of anger leads to the wide and to the broad way of destruction. **'For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.'** (Matthew 7:13)

Let us enter through the narrow gate while dealing with anger. Let us take the word of God as our lamp and light along the road. **'Your word is the lamp to my feet and a light for my path.'** (Psalm 119:105)

My dear brothers, take note of this: everyone should be:

**1) Quick to listen, (the period of silence):** To avoid the consequences and destruction of anger let us be receptive, and take the attitude of observing, scanning, and watching carefully. Let us be smart to see, to listen, and be sensitive like radar to discover the attack of the enemy, its troops and airplanes, and all what is going on around. Anger is an evil spirit thrown towards us that needs to be properly dealt with. When an attack of enemy is discovered, a signal to the proper battery rocket is sent to silence the evil arrows. **'In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.'** (Ephesians 6:16-17) This is the Christian's way to avoid explosion of anger; 'be quick to listen to God's word, not to criticisms or evil words.'

**2) Slow to speak, (the period of prayer):** When we are receiving any offense, bad comment, face to face insult or evil plot, let us not speak or respond at once but learn to have self control. Let us analyze and balance the situation why it happened. **'In your anger do not sin; when you are on your beds, search your hearts and be silent.'** (Psalm 4:4)

**a) Search your hearts:** To remember that no human without sin, we do not excuse ourselves from committing mistakes. So whatever the situation we must consider to sit down and ask the Lord to search our hearts, and reveal to us the reason behind the assault. **'Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.'** (Psalm 139:23-24)

**b) Confess your sins:** It is not enough that we ask the Lord to convict us of sins. But we need to accept and to confess our mistakes; if we have ignited the offense, asking God for forgiveness. **'Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.'** (James 5:16)

**c) Pray for that person: 'Bless those who curse you, pray for those who ill treat you,'** (Luke 6:28) It is not only that we need to sit down and pray for ourselves, but we ought to forgive those who sin against us. We need to pray and intercede for their forgiveness, and for their hearts to be renewed as well. It is only the Lord who can change the hearts and motives of men. As we pray for our enemies the Lord cleanses their hearts from any bitterness and retaliation, and releases love and compassion in their hearts towards us. We do believe that prayers can bring dramatic changes, but many times we underrate the value of this promise. Let us pray for blessing for our enemies, above all their repentance, and reap the fruit.

**3) Slow to be angry (the period of action):** This stage should follow the previous silent period of prayers and sitting with God asking for counsel. It includes the action we must do. **'Do not be overcome by evil, but overcome evil with good.'** (Romans 12:21) We ask God for wisdom, patience and self control to pass the situation smoothly. If we are at fault we apologize and ask forgiveness. If we cause losses we have to do restitution or return back to them what we owe. We have to show kindness towards our enemy, offer them help, and with suitable aid we continue to support them. **'If your enemy is hungry, give him food to eat; if he is thirsty, give him water to drink. In doing this you will heap burning coals on his head, and the Lord will reward you.'** (Proverbs 25:21-22) This is a righteous attitude. It is the way how to bring reconciliation and peace to the world. God did not command us to repay evil for evil because vengeance is His. Instead, He commanded us to forgive. Forgiving others is not an attitude or feeling but a decision to do in obedience to the word of God, as we know that not forgiving others is the devil's program. **'If you forgive anyone, I also forgive him. And what I have forgiven-if there was anything to forgive-I have forgiven in the sight of Christ for your sake, in order that Satan might not outwit us. For we are not unaware of his schemes.'** (2 Corinthians 2: 10-11)

**My dear and beloved:** But if we forgive and we do good for our enemies because we want God to take revenge for us, this is not acceptable in front of God. The Lord knows our every motive, thoughts, and the state of our hearts. **'Blessed are the peacemakers, for they will be called sons of God.'** (Matthew 5:9) God knows who really His children are; those who accept Jesus as personal Lord and Saviour and those who are willing to obey His word. Showing external silence or calmness is nonsense, if we keep bitterness or anger, and do not have peace in our hearts through Jesus Christ. Let us now commit ourselves to the Lord by asking Him to teach us His ways.

**My Prayer:** Father God I come before you in the name of Jesus who died on the cross for my sins to give me eternal life. Lord teaches me how to have self-control and how to deal with my anger, and help me to do the right thing and take the right step in times of crises, this is my request in this day in Jesus name, Amen.