



## Inner Growth - Anger

**Cease from anger, and forsake wrath: fret not thyself in any wise to do evil.**

*Psalms 37:8*

**Attitude** - Proverbs 17:22

**Nag** ----- Ephesians 4:29

**Guess** -- Ephesians 4:25

**Eyes** ----- Proverbs 8:13

**Rage** ----- Proverbs 15:1

What is anger? Anger is a feeling that is kindled inside due to an evaluation of a situation that seems unfair or unkind. This sensation is encouraged by the adversary to entice the angry person to commit wrong. Anger is a weapon the enemy uses against the possessor to lure them into sin and disconnect from God.

Anger creates a different attitude. This mental outlook affects the actions, thinking, treatment towards others, and conversation. The state of being angry is harmful to the inner person, the spirit. If the anger continues to dwell within an individual, it begins to control the mind to the point where the physical begins to suffer. Ever encounter somebody that they were so mad that they do not even feel hungry?

Expressions like, "leave me alone! I'm not hungry!"

Anger causes complaining and rambling. The owner of this mood will rain on any person's parade of happiness or feeling good due to their experience of feeling bad. Similar to a

movie, why is there more attention or more to say about a negative situation than the good? Only God knows the exact answer.

Anger creates the owner to exaggerate. Many of us hear about tragic incidences in life, especially where innocent people become victims of violence. A bystander, partner, neighbor were involved where the other party retaliated in anger. Then, only to find out from a thorough, accurate investigation, the assaulter assumed and so on. An angry person normally is uncomfortable and has no patience. They usually just build their story simultaneously as the anger increases.

Anger builds the psyche. One thing God hates is pride. If an angry person does not address whatever is eating away at them, it only will cause them misery and complicate the matter instead of resolving it. In some instances, angry people are not willing to initiate, while loved ones and friends try but the owner fails to co-operate.

Anger may build-up to the extreme. The danger for a victim of this magnitude is words that will cause more fuel to their angry fire.

Rage is the catalyst for anger. This could lead to violence endangering the owner. This rage is a combination of animosity and bitterness. For a person with anger, they must be willing to alleviate this feeling by asking God to help or someone who will listen. Anger with the letter "d" at the front: danger.

