

When Anger is Hard



Of all the emotions, anger seems the hardest to control, and I think this is because our pride is so woven into our DNA. Below are a few ideas of how we can tame the beast inside us when life presses us to the point of oozing. May we ooze the sweet aroma of Jesus rather than our repulsive wretchedness.

| PRACTICE |

We ultimately need Jesus to for something so big, but what does this even mean?

1. Give your mind one truth to feed on all day
by starting the day with Jesus.
Begin reading the Bible daily.

The more the mind “eats” truth, the more the heart is nourished and reshaped in truth, and the more the behaviors follow the truth.

2. Exercise your self-control muscle.

Begin with the small things.
(like not saying that sassy comment)

(Although a fruit of the Spirit in us,) **The more we practice and use self-control, the stronger and easier it gets.**

3. Remove yourself from the situation

Begin finding a better way to process.

(like typing out emotions, scrubbing something, etc)

The more we retrain our response to let the steam vent somewhere else, the more we keep others from reaping our wretchedness.

The reality is, there are no short cuts or easy ways to conquer the beast of anger. Learning to control our anger is a messy process. Pride doesn't die easily.

Habits need retraining.

Praise God for grace through this process, but may we be willing to put in the HARD work of not allowing anger to rule us.