

# **ANGER**

## **Clergy Meditation / Closing #7 “Healing with Christ”**

**10 Min Max**

**The purpose of this meditation is to close out the day’s reflections on Anger with the hopeful words that In Christ we can be HEALED and transformed!**

Remember that talks 1 – 6 were:

- 1-The Root of Anger is Pain (Hurt people hurt people)
- 2-Control (it is ok to be angry (it is not okay to act out of anger)
- 3-Words and Actions (are we reacting or responding?)
- 4-Christ is the Mediator (He is who is between me and sin)
- 5-The Mind of Christ (do not be conformed to this world)
- 6-Christ’s Love & Grace (what gifts he has given us – let us use them over what would defeat us)

God designed your emotions to be gauges, not guides. I have heard it said that emotions can come along for the ride, but they should never drive. We all have emotions, there is no escaping them. Some are awesome ..like delight (Psalm 37:4), affection (Romans 12:10,) fear (Luke 12:5), anger (Psalm 37:8), joy (Psalm 5:11), etc., are so important in the Bible. They reveal what your heart loves and enjoys. They also show what you fear and your pain. If you somehow deal with your pain, God can use that to help others. Your mess can become your message to others that they can work through things and be ok as well. Anger that we have talked about today is tricky and can cause great pain and hurt if left undealt with. Here is an acrostic that might help:

A = Acknowledge of Admit you are angry -James 5:16

N = Never lash out -Psalm4:4

G = Gently respond -Proverbs 15:1

E = Examine the cause of the anger – if you are angry with someone, the Bible encourages us to go to them and talk it out

R = Recognize your triggers and Resolve it -Psalm 139:23-24

I encourage you to come up with an action plan- make sure it has only small steps. Tell your Kairos family what you want to do to heal and not be angry and hurt and ask them to pray for you.

Closing Prayer.