

Living Free Every Day

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Today's Scripture

*"If you need wisdom, **ask our generous God**, and he will give it to you. He will not rebuke you for asking." James 1:5 NLT*

Thoughts for Today

One vital key to controlling anger is to correctly identify the cause. Sort out what you did and what others did to produce the anger. Sometimes the incident that seems to trigger the anger is not actually the root cause.

For example, if you get angry because your car won't start, are you really angry that the car won't start ... or are you afraid of being late and facing your boss's recriminations? Or maybe you are angry because if the car is broken, you will have additional financial sorry and stress.

Try to learn to accept responsibility for your anger and then to locate the true cause. A variety of needs such as insecurity, fear, pride, loneliness, inferiority and unrealistic expectations can create anger. You might get angry with a friend who is encouraging you to take on a challenging project. You accuse the friend of being pushy. In fact, the project may be something you'd like to do but are afraid to try--afraid of failure.

Consider this...

Are you struggling with anger right now? **Ask God** to give you wisdom and insight. Ask him to help you identify the real source of your anger and then to deal with it appropriately.

Prayer

Lord, I need your help, your wisdom. Help me to understand my anger and to overcome it. In Jesus' name ...

These thoughts were drawn from...

Anger: Our Master or Our Servant--Creative Use of a Powerful Emotion by Larry Heath. This study offers a clear explanation of anger, what causes it, and how to recognize when you are sinning with anger. It not only ministers to church members, but serves as a powerful evangelistic tool. Note: This curriculum was written especially for small groups and we encourage people to use it that way. However, it can also be used effectively as a personal study for individuals or couples.

[Visit our website](#) to read more about this study and learn more about Living Free.



PO Box 22127 ~ Chattanooga, Tennessee 37421 ~ 423-899-4770

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