

God's Way to Deal With Anger

We have all experienced anger at some point in our lives, and it can be a real concern. Though it starts as a harmless feeling, it can quickly grow into something dangerous that's difficult to control. But with God's help, we can learn how to deal with our feelings and walk in His peace.

I'll admit, years ago I pretty much did and said whatever I *felt* like. I have a strong personality, so if you said something to upset me, there was a good chance I would let you know about it. Thank God, over time He changed me through His Word and helped me control my emotions through the power of His Holy Spirit.

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I learned how to operate in self-control, which means I didn't always say everything I *wanted* to say. Now that's true freedom! Along the way, God also helped me to understand that it's not anger itself that's wrong.

I'll never forget one particular morning several years back. I was preparing to go teach at our home church in St. Louis, Missouri, when my husband, Dave, and I got into an argument. I admit, I was really mad! I continued to think angry thoughts and have angry feelings. Then my anger changed to guilt, and I thought, "How can I possibly go to church and tell others how to conduct their lives according to Scripture if I cannot control my anger?"

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if () {  
if () {  
ShopifyBuyInit();
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loadScript();
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= ShopifyBuyInit;
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The feelings of guilt not only continued but intensified. As the pressure mounted, I was feeling almost frantic when suddenly God spoke to my heart and said:

“Anger is not a sin—it is what you do with it that becomes sin.”

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