

Surviving in an Angry World—Part 5

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BIG SANDY, Texas—On April 24, I began a series to mention concepts from a book titled *Surviving in an Angry World*. The book was written in 2010 by Charles Stanley.

This is the fifth installment.

Releasing anger

On page 75, Dr. Stanley wrote: “I have always been amazed at the lengths to which people will go to hold on to their anger instead of releasing it, since the benefits of releasing our anger far outweigh any perceived ‘right’ or ‘benefit’ to keeping it locked up inside.

“But how can we release anger and find freedom and peace? Consider the following six prerequisites that serve as the foundation for releasing anger.”

- Shed the Excuses
- Be Willing to Change Your Attitude
- Choose Not to Worry
- Refuse to Cherish Your Anger
- Refuse to Self-Medicate Your Anger
- Be Patient

Dealing with anger

Beginning on page 79, Dr. Stanley listed 10 steps for dealing with anger.

- Step 1: Admit Your Anger to God
- Step 2: Identify the Source of Your Anger
- Step 3: Purpose in Your Heart to Give Up All Rights to Anger
- Step 4: Take a Time-out

- Step 5: Get to the Root of the Problem
- Step 6: Voice Your Anger to the One Who Can Help You the Most
- Step 7: Redirect Your Energy
- Step 8: Reset Your Personal Emotional Dial
- Step 9: Predetermine How You Will Respond in the Future
- Step 10: Set Emotional Goals in Key Relationships

Prevention is good

On page 91, Dr. Stanley wrote: "Keep these three principles in mind for dealing with your anger."

- Prevent what you can prevent.
- Learn from what you cannot prevent.
- Ask God to help you lay aside angry responses that do not bring about a positive result.

Invite God to heal your anger

On page 91, Dr. Stanley wrote: "Some anger is so deep that only the grace of God can heal it.

"The anger has been there for so long and has become such a part of daily life that the person cannot possibly free himself. The good news is that no degree of anger is beyond God's reach. Ask the Lord to prune any anger from your heart."

Daily cleanse

On page 92, Dr. Stanley wrote: "Every day, ask the Lord to remove any anger, bitterness, or evil thoughts that may have taken root. Pray that God will give you peace, help you forgive, and enable you to let go of that day's anxieties, troubles, hurts, and struggles.

"Ask Him to fill your mind with thoughts of His goodness toward you. I'm confident that if you make this a daily habit, you'll be surprised at how well you sleep and how refreshed you feel when you awaken each day."