

Surviving in an Angry World—Part 7

This article is from the “Among Friends” section of the Church of God Big Sandy’s website, churchofgodbigandy.com. It was posted for the weekend of June 5, 2021. (The article was previously posted March 22, 2014.)

By Dave Havir

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 seventh (and final) installment.

On page 220, Dr. Stanley wrote: “Very often, an angry response becomes a habit in a person. The good news is that all habits have been learned, so they can be unlearned too. Anyone can choose to reverse persistent anger in his or her life.”

Dr. Stanley mentioned three ideas to help a person learn a new habit.

Change of thinking

Dr. Stanley wrote: “First, make a choice to think about things that are positive and beneficial . . .

“Refuse to nurse negative and hurtful thoughts. Don’t reopen emotional wounds. Reject any thoughts of revenge. Choose instead to think about those things related to the goodness and greatness of God . . .

“Rather than think about the person who hurt you, think about Jesus. Rather than focus on the issue or circumstance that made you angry, focus on the One who died for you.”

Positive activities

Dr. Stanley wrote: “Second, choose to become involved in positive activities that require your full attention. Make new decisions about how you will spend your time, money, and mental energy.

“Choose to associate with people who are pursuing positive goals . . . Focus on those things that last beyond your lifetime and extend into eternity.”

Seek God’s help

Dr. Stanley wrote: “Third, ask God to help you monitor your own thoughts and speech.

“Countless people wander through life, not really paying attention to what they’re thinking and saying. They are just going with the flow, thinking about whatever captures their attention at the moment, visually or verbally, and saying anything that comes to mind. Choose to take charge of what you think and what you say.

“Anger is fueled by negative thoughts and negative words. Turn off the fuel pump! Recognize that you have the choice not to dwell on what you happen to see or hear. You can choose how you will process and react to what you’re exposed to on a daily basis.”

Gaining peace

On page 236, Dr. Stanley wrote: “Jesus certainly did not deny that some situations and circumstances would be difficult or challenging. Nor did He promise His followers that they would be free of problems and hardships.

“On the contrary, Christ said clearly, ‘In the world you have tribulation, but take courage; I have overcome the world’ (John 16:33).

“Every hurtful or unpleasant experience can be regarded as a faith challenge. It can be approached as an opportunity to trust God in greater depth or in new ways. It can be viewed as a call to begin intense prayer for a person or group.

“Ask God to give you His peace and to help you have the calm, quiet confidence that comes from total trust in Him.”