

## **GOD RESCUED ME FROM ANGER**

I grew up in a home where oftentimes the common emotion amongst the entire family was anger. I grew up thinking this was how I was supposed to express my feelings, through anger. It pushed others away from me and made them not want to be around me. It also made me turn to alcohol in order to “express” myself. The alcohol would free me from my inhibitions. The anger was suppressed by the alcohol, which was usually followed by a full day of recovery because I felt physically awful the next day. The awful feeling was typically partnered with shame from my poor decisions from the night before. Eventually, I found myself isolated and alone and I was okay with it. I simply didn’t want to be around people and they probably didn’t want to be around me.

What I didn’t realize was that my isolation led to a lack of relationship with others, and as humans, we were created to be in relation with others. I reached a point in the midst of my struggle with anger and my lack of emotion that I had to really look inward and realize why I was angry. Through the Journey class at The Way I learned that much of my anger stemmed from past hurt that had not been reconciled with. I also learned there were things I had done that I needed to take responsibility for. I learned that through my faith in Jesus Christ I am forgiven. It didn’t matter what I had done, He forgave me. His death on the cross was an act of love, so that I could be forgiven for my sin and made right with the Father. John 3:16 says, “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.” Jesus gave me eternal life!

I also learned in scripture that I needed to forgive others. I can remember a moment when I finally came to the realization that I had to forgive others for what they had done to me. It didn’t matter if they were sorry for what they had done, what mattered was that I prayed to God, and that I was forgiving THEM. It was a relief!!! I felt like a weight was lifted off my shoulders!!! The burden of anger I had carried for so many years was released and I felt free!!! Today, I want to be around people now, I want to connect with others, I am not chained down by my anger, praise God!!!

I love The Way Church because it gives me a place to be with others, to be in relationship with other men and women who encourage me and cheer me on in my walk with Jesus. I find opportunities to grow through discipleship classes and develop relationships in small groups. The church and its people have been a huge part of my walk so far. It has been amazing!

Now, this doesn’t mean that I still don’t get angry because I do. I’m still a sinner, but I am now one that is quick to recognize my anger and seek forgiveness from God. I no longer let my anger control my life, and the freedom from its control was only found through accepting Jesus’ work on the cross for me and through forgiving others. Thank you Jesus for forgiving me, helping me forgive others, and for rescuing me from Anger!!!