

The Football Field of Your Mind – Part 2
The following is my opinion, not any form of therapy.
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How many of you/us struggle with anger? Well, what would you like to replace it with?

Here's what I do-

Let's look...

We can find many references to anger in the Bible. "Be angry and sin not."(Ephesians 4:26a)
"Put away all anger and malice."(Colossians 3:8) And many more...

Sometimes we don't just let a situation roll off; like water off a duck. It is just like resisting sickness. Sometimes our system resists and we don't 'catch' the cold. Sometimes our immune system is weaker and we 'catch' the cold. By that time, it has to go through our system and work itself out. For me, anger is alot like this. I try to not let certain things bother me. Some things are easy to put out of my mind – 'out of the gate'. Some things I must apply repeated effort to keep them 'locked outside the gate'. Some things....don't go these ways. Sometimes I am angry and want to be angry and don't want to work through it. That is not necessarily the right thing to do, but it is what happens.

BAASN - I came to a realization that it was alright to be angry about some things. The Bible says, "Be angry and sin not." BAASN??? It said I could be angry??? Yes, just don't sin. How do I do that? My interpretation is: "Be angry and don't do stupid things – Be angry and don't make bad choices/decisions – Be angry and don't do things that will alter your future." We do too many things for spite when we are angry. Even just in thought. In spite, we war viciously in our minds. It does not produce much peace. And it certainly doesn't produce true vengeance for the one with which we are angry I can be 'spittin' mad, express that out loud to me, God and a friend that listens – and that is OK. I put it outside 'my gate' and let go so it doesn't control me. It may still be a loud thought 'outside the gate'. God says, "Vengeance is mine. I will repay."(Deuteronomy 32:35, Romans 12:19) So, I give it to God. Anything I can think of for vengeance – God's vengeance is more powerful and more effective. I may never see His vengeance, but choose to trust His Word is true and that He will take care of the situation. In any event, I am walking in more freedom in the midst of my situation. I just keep choosing 'not angry' thoughts. I keep putting vengeful thoughts 'out of the gate'. I don't do stupid things that would only alter my future – not the person's future at which I am mad. I train myself to 'let go' and ask God to help me fill the space with good things. I turn my attention to another focus. I can still console myself that it was a situation that made me mad and the other party was wrong in their actions, but I chose not to let it control me anymore. BAASN! Find the freedom!

What Do I Fill The Blank Space With?
The Space I Removed The Anger From?
What Do I Want On My Field?

Many times it is easy to turn to another subject and walk on with life. Many times I need to go a step further:

“Enter into His gates with thanksgiving, His courts with praise.”(Psalm 100:4) I either do the following, or picture it – When I am really angry and don’t seem to be able to let go of ‘it’ - I envision me going into my church during the worship time. At that time the songs are all about God’s greatness and love for us. I just sit in the presence of the praise going on and close my eyes. I manage to ‘set “it” down outside the gate’ for a moment. I do just focus on God and what He has done for me. For those moments I am not clinging to my situation. I am not giving life to it. I might even be allowing an avenue for God to give me peace, or an answer. That is not what I started out seeking. I did want to come into His presence to loosen my grip on my situation. And “Wella!” It worked. I can do that anywhere I am.

At that time I just want a big “W” for worship on my field. It may be a “J” for Jesus, a “P” for peace, a “T” for thanksgiving, a “P” for praise. ..And I want to dwell there forever! I would love to keep that peaceful state of mind throughout my day.

In practical actions, I may pick one of my daily responsibilities and go tend to it.

We are re-training our minds. Many of us learned certain reactions to life. Many of us have addictions to life situations we would like to change. Mostly, we are addicted to our patterns of thought. If we change our thought patterns to ‘achieving patterns’ we will do ourselves and our world a great service.

Encourage Yourself

Keep yourself encouraged like you would a friend. What??? Yes, put yourself on that field and talk to yourself like you would talk to a friend. You are worth it! This is what I tell myself and my friends. This is what King David did in the Psalms. (Psalms 42:11, 103:1, 131:2 and more)

Is that hard? You bet! The Bible tells us to love others as we love ourselves.(James 2:8) Well, most of us do. We love others from a distance because that is how we love ourselves. I need to be able to say, “Gail, you are doing a great job! Gail, this is hard for you, but keep going – you will make it! Gail, you know you really need to forgive that and go on. Gail this is new to you and you may need to take a break, but keep going.” All of these things need to be said to ourselves. We value ourselves as a person when we treat ourselves as a person. Many people cannot do that – yet. That is a very foreign thought to many. We are worth working through this, though. Your-Worth is worth it!

If you do not already have a personal relationship with God through His Son, Jesus Christ - feel free to call: 1 888 need Him. You will be glad you did.
Find a church with people who can encourage you as you grow.

These things have been strength to me. I pass them on in case they might strengthen others.

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