

Anger, Causes, Effects and Management

*“19 Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: 20 For the wrath of man worketh not the righteousness of God.”
(James 1:19-20 KJV)*

Anger causes many bad effects on the person who cannot overcome it. As well as anger can bring the person who experience it into a spiritual condition that is unpleasant to the Lord. Anger hinders the follower of Christ to live the righteous life that God desires. **You need to understand yourself well so you will be able to grasp what causes you anger in order for you to avoid falling into its trap. The Word of God is the right way for you to see the real causes of anger. We will go through the Scripture and find out the causes of anger.**

1. David anger against Nabal: “2 And there was a man in Maon, whose possessions were in Carmel; and the man was very great, and he had three thousand sheep, and a thousand goats: and he was shearing his sheep in Carmel. 3 Now the name of the man was Nabal; and the name of his wife Abigail: and she was a woman of good understanding, and of a beautiful countenance: but the man was churlish and evil in his doings; and he was of the house of Caleb. 4 And David heard in the wilderness that Nabal did shear his sheep. 5 And David sent out ten young men, and David said unto the young men, Get you up to Carmel, and go to Nabal, and greet him in my name: 6 And thus shall ye say to him that liveth in prosperity, Peace be both to thee, and peace be to thine house, and peace be unto all that thou hast. 7 And now I have heard that thou hast shearers: now thy shepherds which were with us, we hurt them not, neither was there ought missing unto them, all the while they were in Carmel. 8 Ask thy young men, and they will shew thee. Wherefore let the young men find favour in thine eyes: for we come in a good day: give, I pray thee, whatsoever cometh to thine hand unto thy servants, and to thy son David. 9 And when David's young men came, they spake to Nabal according to all those words in the name of David, and ceased. 10 And Nabal answered David's servants, and said, Who is David? and who is the son of Jesse? there be many servants now a days that break away every man from his master. 11 Shall I then take my bread, and my water, and my flesh that I have killed for my shearers, and give it unto men, whom I know not whence they be? 12 So David's young men turned their way, and went again, and came and told him all those sayings. 13 And David said unto his men, Gird ye on every man his sword. And they girded on every man his sword; and David also girded on his sword: and there went up after David about four hundred men; and two hundred abode by the stuff. 14 But one of the young men told Abigail, Nabal's wife, saying, Behold, David sent messengers out of the wilderness to salute our master; and he railed on them. 15 But the men were very good unto us, and we were not hurt, neither missed we any thing, as long as we were conversant with them, when we were in the fields: 16 They were a wall unto us both by night and day, all the while we were with them keeping the sheep. 17 Now therefore know and consider what thou wilt do; for evil is determined against our master, and against all his household: for he is such a son of Belial, that a man cannot speak to him. 18 Then Abigail made haste, and took two hundred loaves, and two bottles of wine, and five sheep ready dressed, and five measures of parched corn, and an hundred clusters of raisins, and two hundred cakes of figs, and laid them on asses. 19 And she said unto her servants, Go on before me; behold, I come after you. But she told not her husband Nabal. 20 And it was so, as she rode on the ass, that she came

*down by the covert on the hill, and, behold, David and his men came down against her; and she met them. 21 Now David had said, Surely in vain have I kept all that this fellow hath in the wilderness, so that nothing was missed of all that pertained unto him: and he hath requited me evil for good. 22 So and more also do God unto the enemies of David, if I leave of all that pertain to him by the morning light any that pisseth against the wall. 23 And when Abigail saw David, she hastened, and lighted off the ass, and fell before David on her face, and bowed herself to the ground, 24 And fell at his feet, and said, Upon me, my lord, upon me let this iniquity be: and let thine handmaid, I pray thee, speak in thine audience, and hear the words of thine handmaid. 25 Let not my lord, I pray thee, regard this man of Belial, even Nabal: for as his name is, so is he; Nabal is his name, and folly is with him: but I thine handmaid saw not the young men of my lord, whom thou didst send. 26 Now therefore, my lord, as the LORD liveth, and as thy soul liveth, seeing the LORD hath withholden thee from coming to shed blood, and from avenging thyself with thine own hand, now let thine enemies, and they that seek evil to my lord, be as Nabal. 27 And now this blessing which thine handmaid hath brought unto my lord, let it even be given unto the young men that follow my lord. 28 I pray thee, forgive the trespass of thine handmaid: for the LORD will certainly make my lord a sure house; because my lord fighteth the battles of the LORD, and evil hath not been found in thee all thy days. 29 Yet a man is risen to pursue thee, and to seek thy soul: but the soul of my lord shall be bound in the bundle of life with the LORD thy God; and the souls of thine enemies, them shall he sling out, as out of the middle of a sling. 30 And it shall come to pass, when the LORD shall have done to my lord according to all the good that he hath spoken concerning thee, and shall have appointed thee ruler over Israel; 31 That this shall be no grief unto thee, nor offence of heart unto my lord, either that thou hast shed blood causeless, or that my lord hath avenged himself: but when the LORD shall have dealt well with my lord, then remember thine handmaid. 32 And David said to Abigail, Blessed be the LORD God of Israel, which sent thee this day to meet me: 33 And blessed be thy advice, and blessed be thou, which hast kept me this day from coming to shed blood, and from avenging myself with mine own hand. 34 For in very deed, as the LORD God of Israel liveth, which hath kept me back from hurting thee, except thou hadst hastened and come to meet me, surely there had not been left unto Nabal by the morning light any that pisseth against the wall. 35 So David received of her hand that which she had brought him, and said unto her, Go up in peace to thine house; see, I have hearkened to thy voice, and have accepted thy person. 36 And Abigail came to Nabal; and, behold, he held a feast in his house, like the feast of a king; and Nabal's heart was merry within him, for he was very drunken: wherefore she told him nothing, less or more, until the morning light. 37 But it came to pass in the morning, when the wine was gone out of Nabal, and his wife had told him these things, that his heart died within him, and he became as a stone. 38 And it came to pass about ten days after, that the LORD smote Nabal, that he died. 39 And when David heard that Nabal was dead, he said, Blessed be the LORD, that hath pleaded the cause of my reproach from the hand of Nabal, and hath kept his servant from evil: for the LORD hath returned the wickedness of Nabal upon his own head. And David sent and communed with Abigail, to take her to him to wife. 40 And when the servants of David were come to Abigail to Carmel, they spake unto her, saying, David sent us unto thee, to take thee to him to wife. 41 And she arose, and bowed herself on her face to the earth, and said, Behold, let thine handmaid be a servant to wash the feet of the servants of my lord. 42 And Abigail hastened, and arose and rode upon an ass, with five damsels of hers that went after her; and she went after the messengers of David, and became his wife.”
(1Samuel 25:2-42 KJV)* Now why here David was angry and wanted to kill Nabal? We can

say that because he did good to him and Nabal did not return the good back to David. But that was not a reason for David to fight. Or we may say that David had no food. But that is not correct because he had a stuff and with it sure there was food, as we read, ***“13 And David said unto his men, Gird ye on every man his sword. And they girded on every man his sword; and David also girded on his sword: and there went up after David about four hundred men; and two hundred abode by the stuff.” (1 Samuel 25:13 KJV)*** So he had food. So then why he sent to get food from Nabal? ***1 Samuel 25:18*** can give the answer and explains to us why he got angry ***“18 Then Abigail made haste, and took two hundred loaves, and two bottles of wine, and five sheep ready dressed, and five measures of parched corn, and an hundred clusters of raisins, and two hundred cakes of figs, and laid them on asses.” (1 Samuel 25:18 KJV)*** David was angry because he was expecting a treat of dressed sheep and other special food but he was disappointed.

When you expect certain things and did not happen you need to control your anger, even if it is your right and you deserve it; still you need to wait upon God to do it in His right way. David should not react with Nabal's answer. He should be calm and exercise self control and be satisfied with what he had of food supply. If he had just waited calmly in his place and trust God then he would receive it as the Lord sent Abigail with the food. **Anger does not bring the righteous life that God desires.** The Lord did not want David to kill Nabal; the Lord himself stroke him down ten days later and turn over what belonged to Nabal to David. **Calm down and you don't need to be angry, for God Himself can give you and sure will bring to you what is your right and what is due for you.**

Examine now yourself and see how many times you were trapped with anger because certain things you were expecting did not come true. Check how you reacted badly to get what you deserve? But you can get it in an easier and Godly way. Calm down, pray and ask God to comfort you and pray that the Lord shall bring to you what is due for you. I believe that ***James 4:1-3*** will make it clear to you, ***“1 From whence come wars and fightings among you? come they not hence, even of your lusts that war in your members? 2 Ye lust, and have not: ye kill, and desire to have, and cannot obtain: ye fight and war, yet ye have not, because ye ask not. 3 Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts.” (James 4:1-3 KJV)***

2. Ahithophel's anger: When Absalom conspired against David and drove him out of Jerusalem, he was asking advices of what he needed to do to finish David's life. Beside Absalom were two people, Ahithophel and Hushai the Arkite, to advice him and it went as such: ***“1 Moreover Ahithophel said unto Absalom, Let me now choose out twelve thousand men, and I will arise and pursue after David this night: 2 And I will come upon him while he is weary and weak handed, and will make him afraid: and all the people that are with him shall flee; and I will smite the king only: 3 And I will bring back all the people unto thee: the man whom thou seekest is as if all returned: so all the people shall be in peace. 4 And the saying pleased Absalom well, and all the elders of Israel. 5 Then said Absalom, Call now Hushai the Archite also, and let us hear likewise what he saith. 6 And when Hushai was come to Absalom, Absalom spake unto him, saying, Ahithophel hath spoken after this manner: shall we do after his saying? if not; speak thou. 7 And Hushai said unto Absalom, The counsel that Ahithophel hath given is not good at this time. 8 For, said Hushai, thou knowest thy father and his men, that they be mighty men, and they be chafed in their minds, as a bear robbed of her whelps in the field: and thy father is a man of war,***

and will not lodge with the people. 9 Behold, he is hid now in some pit, or in some other place: and it will come to pass, when some of them be overthrown at the first, that whosoever heareth it will say, There is a slaughter among the people that follow Absalom. 10 And he also that is valiant, whose heart is as the heart of a lion, shall utterly melt: for all Israel knoweth that thy father is a mighty man, and they which be with him are valiant men. 11 Therefore I counsel that all Israel be generally gathered unto thee, from Dan even to Beersheba, as the sand that is by the sea for multitude; and that thou go to battle in thine own person. 12 So shall we come upon him in some place where he shall be found, and we will light upon him as the dew falleth on the ground: and of him and of all the men that are with him there shall not be left so much as one. 13 Moreover, if he be gotten into a city, then shall all Israel bring ropes to that city, and we will draw it into the river, until there be not one small stone found there. 14 And Absalom and all the men of Israel said, The counsel of Hushai the Archite is better than the counsel of Ahithophel. For the LORD had appointed to defeat the good counsel of Ahithophel, to the intent that the LORD might bring evil upon Absalom.” (2 Samuel 17:1-14 KJV) The advice of Ahithophel was the correct one but it was God's will that Absalom and the whole Israel will not take it or apply it. Ahithophel did the following when his advice was not put into practice, ***“23 And when Ahithophel saw that his counsel was not followed, he saddled his ass, and arose, and gat him home to his house, to his city, and put his household in order, and hanged himself, and died, and was buried in the sepulchre of his father.” (2 Samuel 16:23 KJV)*** Why Ahithophel behaved in such a way and attempted suicide? Because he was angry and could not accept that he was turn off. ***“23 And the counsel of Ahithophel, which he counselled in those days, was as if a man had enquired at the oracle of God: so was all the counsel of Ahithophel both with David and with Absalom.” (2 Samuel 16:23)*** His pride brought anger that he could not control especially when Hushai replied to Absalom, ***“7 And Hushai said unto Absalom, The counsel that Ahithophel hath given is not good at this time.” (2 Samuel 17:7 KJV)*** But if he would just control his anger, then he can grasp that it is not God's will that Absalom would listen to his advice, simply because it was not God's will that David would be replaced with Absalom as a king over Israel.

Many times you flare up in anger because you are turn off. Please listen to this: Even if what you are saying is correct, but if is in contradiction to God's will, the Lord will not allow it to go to the surface. You need to learn to humble down and surrender everything to God, and then you can control your anger and spare yourself and the people with you troubles.

3. Martha's anger: ***“38 Now it came to pass, as they went, that he entered into a certain village: and a certain woman named Martha received him into her house. 39 And she had a sister called Mary, which also sat at Jesus' feet, and heard his word. 40 But Martha was cumbered about much serving, and came to him, and said, Lord, dost thou not care that my sister hath left me to serve alone? bid her therefore that she help me. 41 And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things: 42 But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.” (Luke 10:38-42 KJV)*** Martha got angry against her sister Mary and against the Lord because she was doing lot of things and she was alone. The point here is this: Who asked her to do all that? She and no one else had told her. **When you do your own, you find yourself doing things of no use. In such circumstances anger would creep into your heart. To avoid anger you need to train yourself to be at Jesus' feet, waiting for Him to instruct you**

and committing yourself not to move and do things unless you hear His voice asking you of what you need to do.

4. Jesus' anger: *"13 And the Jews' passover was at hand, and Jesus went up to Jerusalem. 14 And found in the temple those that sold oxen and sheep and doves, and the changers of money sitting: 15 And when he had made a scourge of small cords, he drove them all out of the temple, and the sheep, and the oxen; and poured out the changers' money, and overthrew the tables; 16 And said unto them that sold doves, Take these things hence; make not my Father's house an house of merchandise. 17 And his disciples remembered that it was written, The zeal of thine house hath eaten me up."* (John 2:13-17 KJV) Jesus got angry because the people were using the temple to make money and transactions and to promote businesses. Jesus recognized what they were doing and what sin they were in and He did the right thing; He drove them out from the temple and ended that abuse. **The church should not be the place to run businesses, manage affairs and transactions or to make money and profits.**

The bad effects of anger: *"26 Be ye angry, and sin not: let not the sun go down upon your wrath: 27 Neither give place to the devil."* (Ephesians 4:26-27 KJV) What can you say about this? A smart looking man, walking and behaving quietly, but all of a sudden he puts his hand behind his back, reaching for a hidden short gun, draws it out and shoots a nearby person! His gun sounds so intense that all the surrounding people run and hide. Then after a moment of silence as the people turn their heads towards the scene, they find a dead person lying on the ground!

Everyone of us are born with some inherited traits and physical likeness from our parents. We are blessed to be born in the flesh with normal and complete external and internal organs; the heart, brain, liver, limbs, eyes, ears, etc. Others are born with defects or with congenital problems. But somehow, we are unaware that all of us have innate small and defective organ; the gun of anger. It may be small and or hidden but certainly we inherited it from Adam! Anger when not treated on time leads to sin and death. The Bible declares that anger is one of the footholds of the devil and is a sin by itself if left untreated. It gives lots of defects and consequences.

1. Anger is an illness, nuisance and a painful feeling: It is a wound to the heart and mind that leads to the following psychological, physiological and organic effects:

a) Anxiety and stress: It is over thinking and worrying about a lot of ideas, of things need to be done, wrong suggestions, and unable to make right decisions. Anxiety has a confusing effect on the true human thinking and correct abstract conclusions. Stress can lead to many systemic disease like stomach illnesses, cardiac diseases, hypertension and even cancer.

b) Frustration and depression: Anger can give persistent and intense feeling of sadness. This causes loss of interest to work, lack of planning, and aversion from taking food, loss and lack of sleep, and loss of interest to live, depression and may even lead to suicide.

c) Exaggeration of sympathetic nervous system activity: With anger there are hormonal as well as nervous changes. Certain hormones are increased in secretion during anger like

adrenalin and non-adrenalin, and corticosteroid from the suprarenal glands. The neuro-hormonal changing by itself can lead to increase in the heart rate and high blood pressure.

d) Cause of diseases: Anger can cause lot of diseases. It triggers hypertension. It can lead to coronary heart disease like angina and myocardial infarction. The neuro-hormonal changes that accompany anger can lead to reduction to body immunity against sicknesses. And this by itself can result to a grave condition like body tumors.

e) Exacerbates pre-existing disease: From the above ill effects of anger it can increase the bad effects of heart diseases, hypertension and diabetes.

f) Cause of death: Anger can lead to death through many body changes that are described above. To a cardiac patient it can lead to cardiac arrest and ultimately to death. The body changes that rise from anger are proportionate with the intensity and the duration of time that anger operates on the person. The longer the duration, it worsens the sequel of anger. This is one reason why the Word of God has warned us, *"let not the sun go down upon your wrath"*, so that the bad effects of anger to be ended soon.

2. Anger can be sin that leads to other sins:

a) Anger aggravates bad habits: Anger can give rise to smoking and to drinking of alcohol. The frustration of an angry person pushes him to smoke and drink. And in just a short time the increase of these bad habits may lead to addiction, because the angered person thinks he can get release from his ill feelings by smoking and by drinking liquor. But, these are big lies.

b) Anger can lead to drug addiction: The anxiety and depression of the angered person may push him to use hallucinating drugs like Marijuana and Opioids, seeking relief through these prohibited drugs. Also a person with anxiety and depression may need to be given an anxiolytic and antidepressant drugs, but these are again not the solution and will not give remedy, but will add troubles because every medicine has its side effects and using them over long period of time they will be accumulated in the body and would be acting as toxins against the body.

c) Anger can lead to misbehavior: Anger can lead to unwholesome talks. The lack of self control with anger can cause a lot of strife, discords, fits of rage, dissensions, quarrels and fights. These lead to great disturbances or even breaking relationships.

d) Anger can create black and stony heart: The black and stony heart is full of bitterness, hatred, un-forgiveness, anger, revenge, and evil thoughts. And all these are sins. Unforgiveness by itself if kept in the heart towards someone, even to an enemy may cause a person to lose eternal life.

e) Anger can build walls, dams, and divisions: Anger may have started in one man's heart and passed on to another man and extended to another. Anger promotes cold relationships and causes cold wars with people around. These lead to separation between friends, relatives and even brethren.

f) Anger increases broken families: It may cause marital relationship to grow cold and the true love would vanish by misunderstanding and bouts of quarrels. Finally husband and wife get separated and divorced. This results to failure of parents children relationships, and likewise causes other families to be broken.

g) Anger leads to wrong decisions: Anger makes wise man foolish. It blinds the eyes; it pushes hands to break rules, and even causes to lose rights. He who is a victim of anger is always a loser. *“11 A fool uttereth all his mind: but a wise man keepeth it in till afterwards.” (Proverbs 29:11 KJV)* The fool vents his anger to the full but the wise controls himself.

h) Anger leads to curses: Anger makes the tongue like a fire. An angry person will wish calamity and disaster to his enemies, until he pronounces curses that also causes himself to be cursed.

i) Anger can cause homicide: It causes a person to plan to execute criminal crimes either by his own hands, or by directing other people to do.

j) Anger can cause disasters: It may cause wars between clans, and countries. Anger results in wars and revenge between opposite parties.

Management of anger: *“19 Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: 20 For the wrath of man worketh not the righteousness of God. 21 Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls. 22 But be ye doers of the word, and not hearers only, deceiving your own selves. 23 For if any be a hearer of the word, and not a doer, he is like unto a man beholding his natural face in a glass: 24 For he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was. 25 But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed. 26 If any man among you seem to be religious, and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain. 27 Pure religion and undefiled before God and the Father is this, To visit the fatherless and widows in their affliction, and to keep himself unspotted from the world.” (James 1:19-27 KJV)*

Here Apostle James speaking to the church and addressing the issue of anger in the life of the people of God; he is speaking and telling them, *“my beloved brethren”*, to address a command of God forgotten by the community of believers, the church. **You need to take note of this about anger as a reminder from God of things that you already almost forgotten.** The message is addressed to all, not to some people or a certain category but all are included and there is no exemption because they forgot the rule of God. James told them, *“let every man be swift to hear, slow to speak, slow to wrath:*

1. “swift to hear”: Be willing to listen and process what you are listening. Big ears you should have to listen and don't react or jump as you are listening.

2. “slow to speak”: Listen and meditate on what you are hearing. Process the word and season it before you open your mouth and speak. Listen and think before you open your mouth and

speak. Link what you hear with other information, process what you are going to speak, marinated with prayers, and ask God His council and His wisdom.

3. “slow to wrath”: Anger should not be the style of our lives. The Word of God did not say don't be angry but, *“slow to wrath.”* A person with a constant anger reflects an inner problem in his personality and it can be a serious problem. It can be due to lack of patience which is one of the fruit of the Holy Spirit. Or the person is not willing to comply and do God's will and perform God's plan. **Our anger it can be that we are fighting against God's will and plans, therefore we found ourselves facing hard walls, closed doors and blind ended roads that we cannot penetrate.** With such a background we will agree with what the Word of God says, *“20 For the wrath of man worketh not the righteousness of God.” (James 1:20 KJV)*

The desire of God for us is that we should have a real life and have it to the full. The Lord God had sent His Son the Lord Jesus Christ to save us from sin and death. Jesus was betrayed, suffered and died on the cross for our sins. He was buried and rose from the dead on the third day to give eternal life to everyone who believes in Him and follow His steps in his life. God did all that for us, and He does not want us to live in anger; disobedience, impatience, doing our own and rebel against His will and plan.

My Dear and Beloved: The above facts about anger show its presence in every one of us life. The extent and its effects to our lives direct us to give attention on how to control and treat ourselves from it. Therefore be aware of anger. The Lord instructs us about these things in writing to us: *“26 Be ye angry, and sin not: let not the sun go down upon your wrath: 27 Neither give place to the devil.” (Ephesians 4:26-27 KJV)* Let us come to the Lord lifting our lives, souls and our hearts in His hands to cleanse us and deliver us from anger.

* Anger should not be raised up in your life due to wrong reason and wrong motive in your heart. That will lead you to sin and makes you go against God's will. * Instead your zeal for the Lord shall lead you to discern wrong doings and sins and shall give you the wisdom to handle them as Jesus did.

Our talk, actions and decisions are God's steps and actions, therefore it should be clear and clean from reactions, vengeance, retaliation, anger and paying evil back for evil. Our life style should not be based on pride, dignity or certain prestige that we love and adore more than God, but on humility so we can live in peace with God and in harmony with His plan and will. What is recommended here to manage anger is this: *“21 Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls.” (James 1:21 KJV)*

First, lay apart and get rid of all filthiness and superfluity of naughtiness; all what belongs to your sinful nature, wishes and dreams that contradict God's will and plan you need to get rid of them. You need to be willing to live a simple life and according to His will, forgetting your ambition and willing to go along the plan of God in your life.

Second, receive with meekness the engrafted Word, which is able to save your souls. You need to humbly accept the Word of God and the teaching of the Lord, His plan and what He ordains for you to do. Humility is very much needed for you so that you will not

conform to the pattern of this world and so you will taste and enjoy the good, pleasant and the perfect will of God in your life. To accept the Word of God will not only save you and give you eternal life, but as well as will save you from trials, troubles and hardships, and that is what is allocated for you from God as you get rid from your anger .

“22 But be ye doers of the word, and not hearers only, deceiving your own selves.” (James 1:22 KJV) This is the stage of action, God is interested with people who listen, obey and put into action. Christianity is not knowledge but lifestyle and deeds. **You might be a long time believers in Christ, you go and come to church and listen to the Word of God and go home, but if you have no desire to be changed, and if you are not willing to be humble and take the decision and the step to follow the instructions of the Word and to be led by the Holy Spirit of God then your life will be of no use and of no fruit.** ***“23 For if any be a hearer of the word, and not a doer, he is like unto a man beholding his natural face in a glass: 24 For he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was.” (James 1:23-24 KJV)***

“25 But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed.” (James 1:25 KJV) This is how our lives to be fruitful and this is how we receive the freedom and victory in Christ Jesus our Lord by hearing the Word of God and putting into practice as we look deeply into the Word of God, doing what it says and obeying God who sent His Word to us to save us and to free us from sin, Satan, bondages, sicknesses, trials and troubles.

The Lord Jesus commanded us, ***“19 Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: 20 Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen.” (Matthew 28:19-20 KJV)*** Going and making disciples for Jesus it is like nurturing, nursing and raising up small children. It is a hard process, therefore if we are still in sin, anger, disobedience and un-loyal to God and to His plan for us, still impatience and brutal, then how we can raise true people and disciples to God. The same is what Apostle James told us, ***“26 If any man among you seem to be religious, and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain.” (James 1:26 KJV)*** If you cannot control your anger and allow your tongue to speak all kinds of destructive words because you are angry then your faith is in vain, and you are unable to commit yourself to the great commission of God. Apostle James describes the true religion or the true faith as the following: ***“27 Pure religion and undefiled before God and the Father is this, To visit the fatherless and widows in their affliction, and to keep himself unspotted from the world.” (James 1:27 KJV)*** Is that to keep yourself from defilement, away from sin, filthiness and all naughtiness, and to commit yourself to care for the orphans and the widows and to keep yourself unspotted from any sin as you move away from the world and the love toward worldly things, and in such you will be fit to do the great commission of Jesus in **Matthew 28:19-20**.

The man who obeys the will of God and humbles himself and be willing to control his tongue and his anger and emotions, ***“this man shall be blessed in his deed.”*** You will be the man whom God call to go on and do the work of God faithfully and God will give His care through you to the poor and needy, to the orphans and widows; and you will be the one do the great commission of Jesus and to bring to the people the good news of God and you will

be the vessel whom God will use to bring His love and His salvation to the whole world. Let us pray

My Prayer: Father God I come before you in the name of Jesus who died on the cross for my sins to give me eternal life. Lord thank you for your Word that showed me the causes and the bad effects of anger and how to manage it. Lord thank you for the message that gives me clear understanding of myself and the events that surround me. Lord thank you for all the teaching that you had given me in this message from the various Scriptures. Lord thank you for all the corrections, the rebukes and the admonishments we received in this message.

Now repent and renounce your sins. Repent and renounce your anger, your lack of self-control and the rest of your bad attitudes. Repent and renounce your worldliness, your love for material things, your corruption, injustice, and your selfishness. Repent of your pride, ego and lack of humility. Repent of your fights, quarrels, speaking bad words, revenge, bitterness, hatred, fits of rage and un-forgiveness. Repent of doing your own will and plan and neither the will of God nor His plan. Repent of your yoke with non believers, many friends, the Media, News and games. Repent of your lack of prayers and lack of reading God's Word. Lord forgive me I repent from the following sins _____.

Lord cleans me and sanctify me with the blood of Jesus and the work of the Holy Spirit in my life. Lord teach me how to have self-control and how to deal with my anger, and help me to do the right thing and take the right step in times of crises. Lord teach me how to avoid circumstances and situations that cause me to be an angry person. Lord teach me to avoid people, companions and places that may lead me to do wrong things and be an angry person. Lord I put all these concerns in your hand knowing that you will lead me out from the bad habit of anger. Lord I trust you in this condition _____, that you will give me what is due for me. Lord give me more self-control and discernment to go on and serve you by doing your will. Cleanse me Lord to be clean and noble vessel that you want to use for your glory and to perform the great commission of Jesus.

Lord thank you for my brethren who repented of their anger and committed their life unto you to live with humility, good attitude and character and away from anger, and away from speaking bad, fights, un-forgiveness, and revenge. Lord continue to cleanse them and help them to live a life pleasant to you, and set them to be good example to others to follow you. Lord continue to provide for them and lead them with your Holy Spirit to continue to serve you.

Lord bless us as your church; Lord we ask you once again to refill us with the Holy Spirit and give us the spiritual gifts so we can go and evangelize, making new disciples and training new workers to go and plant more Bible studies and congregations for the church. Lord we pray for more people to be water baptized and more disciples to be baptized with the Holy Spirit. Lord fulfill the vision of the church, 'Multiplication in peace with implementing the whole will of God.' Lord take the message and spread it to reach the rest of the church congregations, workers, members and the lost souls. Lord prepare us for your coming to go with you when you come. Lord bless us, enlarge our territory, let your hand be with us and free us from harm so that we will not feel pain. May the grace of the Lord Jesus and the love of God and the fellowship of the Holy Spirit be with us all in Jesus name, Amen.

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If you have a prayer request, please send it to this whatsapp Number: 00971551902647, or to this email: thebread1@gmail.com.

Please send your tithes, your first fruit, and your various offerings to the church to this account

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