

Anger

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Anger is easily recognizable whether it is manifest in others by “volcanic eruption” or “the silent treatment.” What may not be quite so obvious to you and me are the inner workings which are taking place in the factory of the heart. In his book, *The Heart of Anger*, Lou Priolo uses a picture to illustrate this. The reservoir of the pitcher is the heart and the spout is the mouth. Whatever the pitcher is full of is what pours out of the spout. When anger is displayed, it is simply coming forth from the pitcher of one’s heart.

Luke 6:45 says “*The good man out of the good treasure of his heart brings forth that which is good: and the evil man...brings forth what is evil; for his mouth speaks from that which fills his heart.*”

Next time you have a Heart Attack of Anger, treat it with the following:

1. AM I thinking with God’s perspective or my perspective? Romans 12:1,2
2. AM I more concerned with my concerns or the righteousness of God? James 1:20
3. AM I building others up or tearing others down? James 3:6; Ephesians 4:29
4. AM I trapped by my own desires? James 4:1,2