



Way of the Eagle

by Rhoda Collins

THE MASKS OF ANGER

How does anger get inside of us? How does it start?

The Bible says in **Ecclesiastes 7:9** "Do not be quick in spirit to be angry or vexed, for anger and vexation lodge in the bosom of fools".

We can't go through our walk with God while harboring anger inside of us, because it is not what we eat that represents our life, it is what eats us inside that will have an influence upon our lives.

A gift from God is to be free. Not free from responsibilities, but free to be led by the Holy Spirit. When people or circumstances control our lives, contrary to what we desire, anger can be created inside of us. When certain freedoms are violated, people can experience anger. Don't be angry at the person or circumstance that you allow to control you and anger you. Confront it.

One of the major root causes of anger is PRIDE.

Prideful people always become angry when they don't get their own way or are inconvenienced in some way.

In **2 Kings 5** Naaman is a leader who had leprosy. He was sent by the king of Syria to Israel to receive healing. "Elisha sent a messenger to him, saying, Go and wash in the Jordan seven times, and your flesh shall be restored and you shall be clean. But Naaman was angry and went away and said, Behold, I thought he would surely come out to me and stand and call on the name of the Lord his God, and wave his hand over the place and heal the leper." (2 Kings 5: 10)

Naaman was angry because Elisha sent a servant to tell him such a simple way to be healed. He was expecting a personal audience and something grand for someone of his importance and was willing to pay for it.

True men and women of God are not seduced by someone's position or their wealth to further their personal "career" or pockets. They follow God's strategy... nothing more or less.

Naaman's true disease needing healing was anger and a spirit of pride.

Pressure from many different directions such as work, relationships, and unpleasant situations can cause anger. Anger adversely affects our walk with God. When we get angry we need to go somewhere and cool off, retire from emotions and give it to God.



Paul told Timothy (2 Tim. 4:5-6): "be calm, cool and collected and keep performing the duty of your ministry". God will take care of those people who are not acting right and God will also take care of your circumstances that have not lined up with His promises. Let Him!

When we murmur, grumble and complain, and get angry, the result is we stop doing what God is calling us to do. The devil uses these traps on purpose to take people from the narrow path onto the broad path. Many people get confused about their lives because they get stuck on their circumstances and choose not to trust God. Stop worrying about what everybody else does, and do what God is calling you to do!

We can begin to rule over our anger: **Proverbs 17:27** says, "He who has knowledge spares his words, and a man of understanding has a cool spirit" and **Proverbs 25:28** says, "He who has no rule over his own spirit is like a city that is broken down and without walls" and "He who is slow to anger is better than the mighty, he who rules his [own] spirit than he who takes a city" **Proverbs 16:32**

Some people mask their anger by tricking people that they something that they are not. Since anger is an emotion that we can control if we want to, we find ways to hide it from other people. What is worse is when we hide it from ourselves. Angry people tend to either blow up or implode. When you keep anger inside of you, pretending that you're not angry, it eats away at your health, your body, your mind and you become more and more bitter.

We can't change the past, but we also can't let the past be a mentor for our future. We can learn a lot from the rough experiences we're going through in life and use it to become a better person not a bitter person.

Some of the ways that we mask our anger is:

1. Cold Shoulder Mask: We say we're not angry and we say we forgive, but we become cold and put a wall up. When we wall people out we also wall ourselves in. People are so afraid of being hurt that they hide behind walls to protect themselves. Instead of choosing the pain of an isolated lonely life, choose to go ahead and work through the problems in relationships and develop good friends. Tear off the mask!
2. The Silent Treatment Mask: We refuse to talk to people; we grunt and nod. Some preachers and pastors mask their anger through their sermons. They will preach their anger through their messages, rather than deal directly with the root of their anger. Tear off the mask!
3. Some people mask their anger by taking scripture out of context or ignore certain truths because they don't want to follow God's standards. They'll say to people, "I am only doing this for your benefit according to **Ephesians 4: 15**" or "I am doing this because I want to help you see what I see" or "That was only for people in ancient times, it doesn't pertain to us". Wrong! Tear off the mask!

What do we do if someone takes advantage of us and our needs are not met? I strongly suggest that you do something constructive. In **Mark 3** Jesus was demonstrating the healing of the man with a withered hand even though the Pharisees that hated Him were watching him. **And He said to them, "Is it lawful and right on the Sabbath to do good or to do evil, to save life or to take it? But they kept silent. And He glanced around at them with vexation and anger, grieved at the hardening of their hearts, and said to the man, Hold out your hand. He held it out, and his hand was [completely] restored. Mark 3: 4-5** Jesus response to pressure from people was to do God's will and heal a man, Despite people and circumstances, He continued to do more miracles and bless more people following Father's perfect will every day, rather than become angry at what people were saying about Him and doing to Him.

When satan's tricks and traps bring you to anger, he's trying to keep you from fulfilling God's will for your life; he's trying to keep you from prosperity; he's trying to keep you lonely; he's trying to stop you from setting captives free; he's trying to get you to lose your salvation; lose your inheritance. If you're not careful, anger will get you dead!

Anger will also get you fired, divorced, lonely, kicked out of school. Nobody wants to be around people that are angry all the time. We need to pursue peace. Find it with God, not the world.

Turn your hurts into something positive, do good and be a blessing to other people; repay evil with good.

Don't let anger take your joy. Tear off the mask and be free looking to God for direction! Be blessed!