in the morning; for You have been my defense and refuge in the day of my trouble. To You, O my strength, I will sing praises; for God is my defense, the God of my mercy (verses 16-17).

Let your mind be filled with praise rather than anger. Give your anger to God in exchange for His peace and joy. Amen.

What To Do With Anger

By James Rafferty

ANGER is by definition “an emotion related to one’s psychological interpretation of having been offended, wronged or denied and a tendency to undo that by retaliation.”

The David of the Bible had some pretty intense anger issues. As found in Psalm 59, at times he expressed a desire to see his enemies consumed by God’s wrath (verse 13). There are a lot of us that are angry with the injustice taking place on Planet Earth. One of the ways that we can channel that anger is to connect with God like David did.

The Bible says, “Be angry and do not sin. Do not let the sun go down on your wrath” (Ephesians 4:26). Don’t stuff your anger and go to bed thinking that everything is going to be okay in the morning. Turn it over to God. Tell him about your situation, your feelings, ask Him for help.

Help—David pleads, “Deliver me from my enemies, O my God; defend me from those who rise up against me. Deliver me from the workers of iniquity, and save me from blood thirsty men” (Psalm 59:1-2).

Whatever your anxieties and trials, spread out your case before the Lord. Your spirit will be braced for endurance. The weaker and more helpless you know yourself to be, the stronger will you become in His strength. The heavier your burdens, the more blessed the rest in casting them upon the Burden Bearer.

Emote—Explain your situation to God. Why are you upset? What happened? David said, “For look, they lie in wait for my life; the mighty gather against me; not for my transgression, nor for my sin, O Lord. They run and prepare themselves through no fault of mine. Awake to help me, and behold” (verses 3-4).

Walk through it point by point. Talking to Someone who will listen brings a lot of peace.

Let Go—David exploded his anger toward God when he said, “You therefore, O Lord God of hosts, the God of Israel, awake to punish all the nations; do not be merciful to any wicked transgressors.”

Tell God exactly how you’re feeling. Why? Because if you don’t explode to Him, you’re going to explode on somebody else!

Praise—Then David could praise God. “But I will sing of Your power; yes, I will sing aloud of Your mercy

continued on p. 4 . . .
The Lord encourages the trust of the most faulty and most perverse. He is able to restore His moral image to the soul, and is not slack concerning His promises. Christ went to the very depths of human extremities in order that He might meet men where they are and know how to befriend them in their need. He is our Friend, who has come to save us. Why are we not more diligent in learning of the great Teacher lessons of patience, kindness, forbearance? We may suppose that we have great provocation to feel injured, and to be angry with those with whom we associate, but we may be laborers together with God no matter what may be our circumstances. We may be sustained by faith, inspired by hope, that God in His goodness sustained by faith, inspired by...