



Anger and Sin Not

Study Verse: *Galatians 5:16-17 ESV* But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. *Ephesians 4:26-27 ESV* Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.

John 10:10 ESV The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.

My Thoughts: I am not a person that is prone to worry or to depression. There are times that I find myself feeling off. There is nothing weighing on my mind, I am not upset about anything, I feel fine but just off... Mentally and Spiritually distracted by ??? I have no clue! I find it hard to focus, it doesn't take much to anger me, it's like a battle inside that gradually builds up. Yesterday was one of those days. I found myself in a full angered rage over something so minor and accidental, I felt completely out of control. It took every ounce of restraint to prevent a complete meltdown, I was not perfect by no means.

Often (if we really look at ourselves) it is not people or situations that we battle, but ourselves. There was no cause for me to react as I did. No one had acted wrongly toward me, it was me.. I was not paying attention to the Holy Spirit. I was not recognizing the distractions that were influencing my thoughts. I was just feeling off... I ignored the battle and dismissed it as I'm fine, just feeling off. I had to ask for forgiveness, because I felt so foolish. Why? Why did I feel so angry and out of control over something so unimportant? I asked God to reveal what was going on. There wasn't a whispered answer or a detailed vision.. It was a simple series of thoughts that came to me.

1. Mama and Dad
2. Christmas Past
3. Sadness
4. Regret

Apparently, I was missing my parents and the days of Christmas past with Mom, Dad and Family. I was sad and felt regret. Could I have done more or better, why, what if, I wish....

Satan will influence our thoughts and actions so subtly that we do not realize what is happening. But our Spirit knows, I felt off, I did not know why, just off. I learned something or more like reminded, that I must be more aware of the battle of flesh and Spirit. The full armour of God protects only if we put it on everyday and pay attention when we just FEEL OFF. I hope this helps you understand better what the Holy Spirit is revealing to you when You are just FEELING OFF.

Until next time, May God bless, heal, protect and grow in you daily. Everyone say, AMEN