

***“For the anger of man does not produce the righteousness of God.”***

*(James 1:20)*

A quick temper is not good. Intolerance often leads to hot temperateness which can ultimately leads to violence. Society is replete with numerous consequences of fits of rage and anger – broken lives, relationships, and homes. For those who have a violent temper, prayerful introspection will help to reveal the root of such repeated action.

Perhaps, as a child, you may have experienced some form of abuse; physical, emotional or verbal. Research has shown that acts like these have a long-lasting psychological impact on children. As a result, they are prone to developing negative emotional responses to stressful events.

### **MY EXPERIENCE**

As a child, I was a victim of habitual abuse. I grew up with the bad experience of watching my parents frequently raising their voices at each other. Nevertheless, I was grateful for one thing, God always restrained my Dad from raising his hands to hit my mother. Unfortunately, this is not the outcome for some families. In those moments, I repeatedly pleaded with God to rekindle His love within them; to renew the love they had for each other before they got married. I persisted on prayer and overtime saw the Lord gradually revive their relationship.

However, little did I know that I had been negatively affected by what I had witnessed over the years. It was only later that I discovered that little things upset me and sometimes led me to violence. I remember vividly an incident in my high school. A classmate made fun of something which was sensitive to me. This led me to slap him so hard that he began bleeding. I was quite unhappy watching him bleed knowing it was my handiwork. However this did not deter me. I continued in this manner until I was 16 years old when I became a Christian.

### **MY BREAKTHROUGH**

As a young believer, I still struggled with violent anger. However, as I walked more in Christ, the Holy Spirit helped me understand that my behavior was contrary to what Jesus expected of me as a Christian. I was made to see the dangerous path I was treading, and I was moved deeply to change. A time came when I went down on my knees and cried to God to change me. Over many weeks I desperately prayed for a turnaround. I refused to accept my problem but sort for God’s help. Along the line, my prayers were answered and things gradually began to change. I started becoming more tolerant. I went on praying knowing that the battle rages on till life here on earth is done. For Scripture says:

***“Therefore, let anyone who thinks that he stands take heed lest he fall.”***

The devil is still prowling, looking for a soul to destroy. I made up my mind with God’s grace and the help of the holy spirit it would not be mine. I continue to daily pray to God for His presence whenever the wave of anger draws close.

My prayer for you is that you will find your way to Christ Jesus for only in Him will you be saved.