

The Power Behind
Anger Resolution

**Breaking the
Bondage of Anger**

Session Seven

The Bondage of Anger

Most people who lose their tempers do not enjoy being angry. In fact, they feel guilty and often try to justify their anger with rationalizations. If asked, they usually say they would like to conquer anger but cannot. Their inability to overcome unresolved anger is a clear evidence of a “stronghold.”

Dealing With Strongholds

A stronghold is a _____¹ from which the enemy launches attacks. The Greek word for *stronghold* is *ochuroma*. It means “a castle . . . [a] fortress . . . anything on which one relies.” The definition also includes “the arguments and reasonings by which a disputant endeavours to fortify his opinion and defend it against his opponent.”

A stronghold is an _____² or _____³ that controls our thinking. The seriousness of this is that our actions result from the thoughts of our hearts. Therefore, the ideas that we allow to enter into our hearts and minds are tremendously important. Most of us are completely unaware of the unbiblical conclusions that are even now influencing our thoughts, emotions, and decisions. Here are just a few examples of common strongholds.

- **The false idea that difficult people will never change.** God says, “Behold, I am the LORD, the God of all flesh: is there any thing too hard for me?” (Jeremiah 32:27). “With God nothing shall be impossible” (Luke 1:37).
- **The wrong conclusion that no one is perfect and therefore, a little anger, lust, or greed is acceptable.** The truth is that, although God is merciful when we confess our sins, He expects us to walk in the Spirit and not fulfill the lusts of the flesh. We must also give an account of every deed done in the body, whether good or evil. (See II Corinthians 5:10.)
- **The unbiblical attitude that government leaders are inherently evil and should be avoided.** Scripture states that they are ministers of God for good, appointed to punish evil. (See Romans 13:1–7.)

God has provided specific weapons with which to tear down these false ideas and replace them with “towers of truth.”

(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ (II Corinthians 10:4–5).

This passage of Scripture gives vital direction and hope on breaking the bondage of unresolved anger. The following paraphrase further illumines this passage:

The battle we are fighting is on the spiritual level. The very weapons we use are not those of human warfare but powerful in God’s warfare for the destruction of the enemy’s strongholds. Our battle is to break down every deceptive fantasy and every imposing defence that men erect against the true knowledge of God. We even fight to capture every thought until it acknowledges the authority of Christ. (J. B. Phillips, *The New Testament in Modern English*)

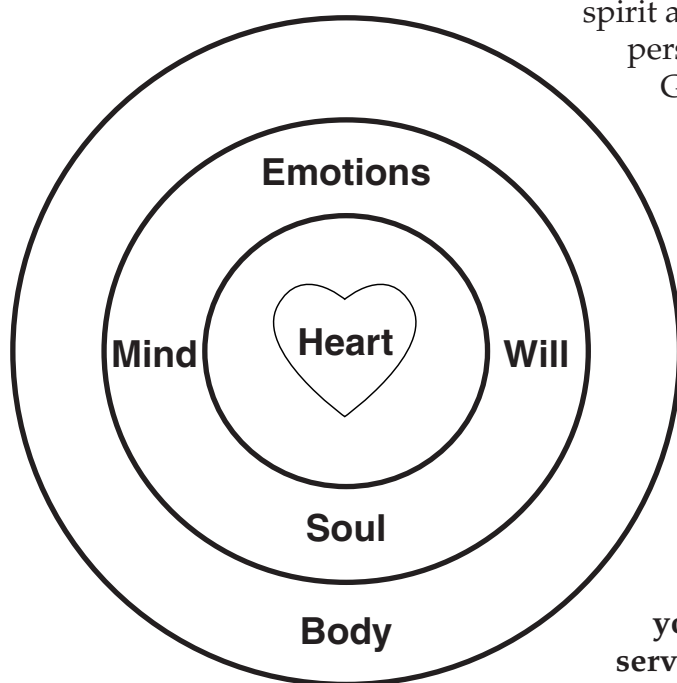
The Sphere of Warfare

False ideas take hold of us when we open the mind, will, or emotions to influences that are contrary to God and His Word. Our souls are battlefields on which continual warfare takes place between God and Satan. It is for this reason that we are instructed, “Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul” (I Peter 2:11). The cost of surrendering ground on this battlefield is great.

- “For what shall it profit a man, if he shall gain the whole world, and lose his own soul? Or what shall a man give in exchange for his soul?” (Mark 8:36–37).
- “Whoso committeth adultery with a woman lacketh understanding: he that doeth it destroyeth his own soul. A wound and dishonour shall he get; and his reproach shall not be wiped away” (Proverbs 6:32–33).

How We Function

The Greek word for *soul* is *psuche*. Scripture uses this word in three distinct ways. First, it can refer to a whole person, as in I Peter 3:20, “Eight souls were saved by water.” Second, it can refer to the spirit and soul together, as in Matthew 16:26, “For what is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?”



The third usage distinguishes the soul from the spirit and refers to the mind, will, and emotions of a person, as in I Thessalonians 5:23: “And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.” The soul is that part of us which allows us to reason, have feelings, and make choices. It is the executive part of our being in that it can choose to either follow fleshly instincts or be under the control of God’s Spirit.

Thus, Paul earnestly instructed the Thessalonian believers: “Prove all things; hold fast that which is good. Abstain from all appearance of evil. And the very God of peace sanctify you wholly; and **I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ**” (I Thessalonians 5:21–23).

How does the spirit relate to the soul?

The spirit is the part of one’s being that has a consciousness of God and the potential of fellowship with Him. It is the home of faith for salvation and spiritual achievements. It is the source of love that surpasses human understanding. It is the center of the conscience toward God and others. It provides the energy for the whole being as we are fervent in spirit, and it is also the home of wisdom and understanding.

The new birth that brings about salvation occurs first in the spirit, according to John 3:6, "That which is born of the flesh is flesh; and that which is born of the Spirit is spirit." At salvation, God's Holy Spirit comes into the spirit; in union with Him, we are able to commune with God and worship Him. "God is a Spirit: and they that worship him must worship him in spirit and in truth" (John 4:24).

The Heart, Spirit, and Soul

After salvation, the spirit unites with the Holy Spirit to bring about an increased sensitivity to things that are right and wrong. Scripture defines this function by stating, "The spirit of man is the candle of the LORD, searching all the inward parts of the belly" (Proverbs 20:27). The candle refers to an oil lamp, and in Scripture, oil is a symbol of the Holy Spirit.

The spirit also searches out the innermost resources of the heart, because "the heart is deceitful above all things, and desperately wicked: who can know it?" (Jeremiah 17:9). When the spirit is energized by the Holy Spirit and the heart is seeking after the heart of God, there is spiritual light and the power of the Holy Spirit is free to flow through one's whole being.

The heart is at the center of the spirit, and the two are closely associated. Notice their close relationship, as reflected in the following passages:

- "Create in me a clean heart, O God; and renew a right spirit within me" (Psalm 51:10).
- "I dwell in the high and holy place, with him also that is of a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones" (Isaiah 57:15).
- "The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise" (Psalm 51:17).

God wants His Spirit to control our souls. This is why we are to strengthen our spirits to be mighty in God's Word. In the Psalms, there are examples of the spirit communicating with the soul. "Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance" (Psalm 42:5).

The spirit also cries out for God's help for the soul. "Unto thee, O LORD, do I lift up my soul. O my God, I trust in thee: let me not be ashamed" (Psalm 25:1-2).

How Anger Defeats Us

When we become angry and do not quickly trace anger to its cause and clear it up, it turns to wrath, and thereby we surrender ground in our souls to Satan. Therefore, Scripture warns, “Let not the sun go down upon your wrath: Neither give **place** to the devil” (Ephesians 4:26–27). The Greek word for *place* indicates an area that has been marked off, as well as an opportunity or occasion to act.

The possibility of diminishing the soul is indicated in Psalm 106:15: “He gave them their request; but sent leanness into their soul.” A further reference to potential damage to the soul is I Peter 2:11: “Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul.”

In addition to anger, the context of Ephesians 4 refers to immorality (they “have given themselves over unto lasciviousness, to work all uncleanness with greediness,” verse 19), greed (“let him that stole steal no more,” verse 28), and bitterness (“let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice,” verse 31). In any one of these areas, we can surrender ground to Satan.

1. _____⁴ (lust of the flesh)*

When Esau sold his birthright in exchange for the momentary satisfaction of his physical desires, he experienced a loss that he could not regain. Timothy was told by Paul to keep himself from the contaminations of evil so that he might “be a vessel unto honour . . . prepared unto every good work” (II Timothy 2:21).

2. _____⁵ (lust of the eyes)*

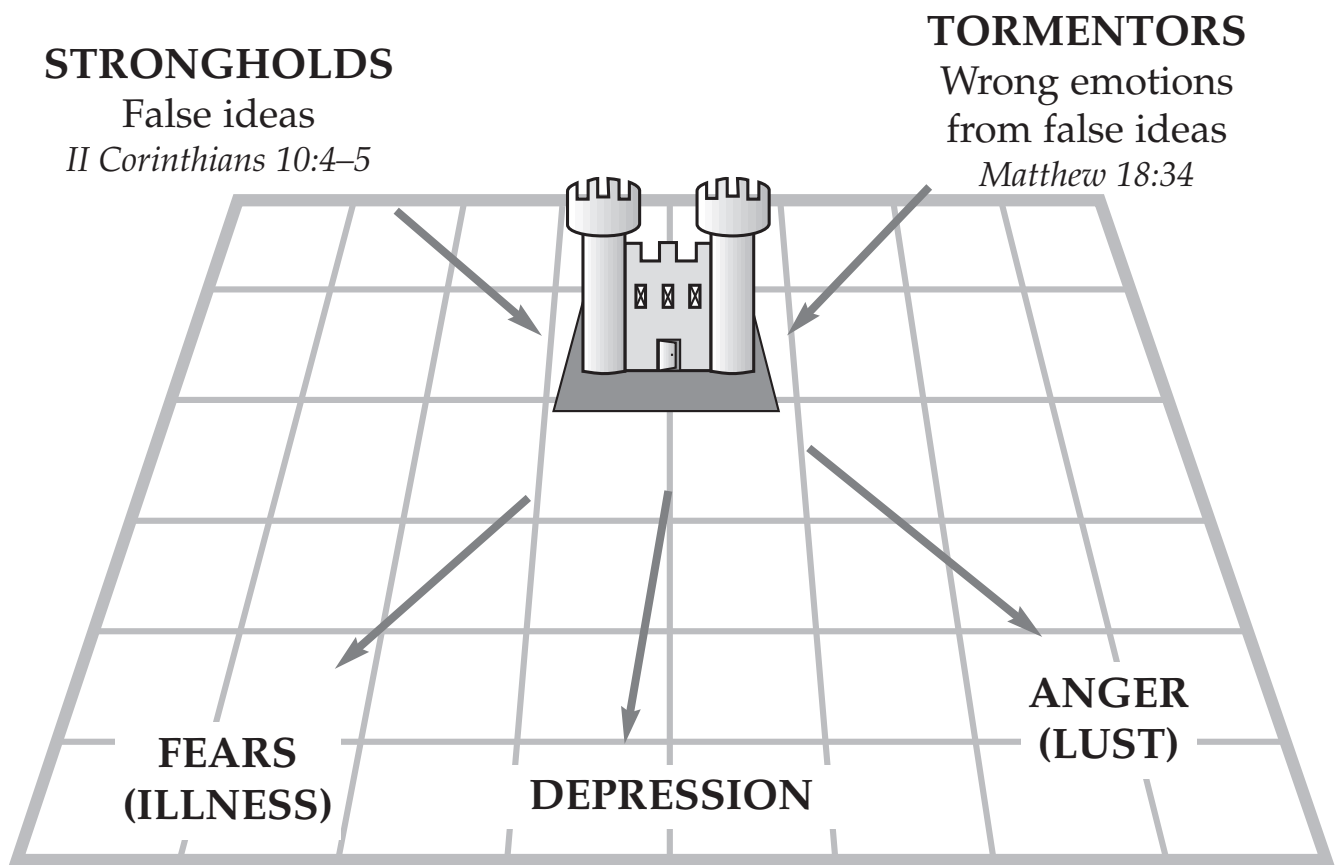
It is through the eyes that we see things that the heart begins to covet. God equates covetousness with idolatry. “For this ye know, that no whoremonger, nor unclean person, nor covetous man, who is an idolater, hath any inheritance in the kingdom of Christ and of God” (Ephesians 5:5). Voluntary debt can be a sign of coveting things beyond what God has provided. It can also be a sign of idolatry, which is expecting to receive from things or others what only God can give.

3. _____⁶ (pride of life)*

Scripture teaches that “only by pride cometh contention” (Proverbs 13:10). Since contention is a trademark of bitterness, it is reasonable to assume that pride is the root sin of bitterness. By bitterness, many are defiled. (See Hebrews 12:15.) Satan was cast out of heaven because of pride. Adam and Eve also fell as a result of pride.

*“Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever” (I John 2:15–17).

How Strongholds Form



Soul—Mind, Will, and Emotions (James 1:21)

- Bitterness, greed, and immorality give Satan ground—areas of jurisdiction. “Neither give place to the devil” (Ephesians 4:27).
- Satan builds **strongholds** on his ground—false ideas from which he influences us to make unwise decisions.
- God allows **tormentors** such as fear, depression, anger, lust, anxiety, or illness to come from the strongholds and afflict other parts of the soul. (See Matthew 18:34–35.)

How to Regain Ground

Once Satan is given ground in the soul, he builds his strongholds on it and then influences the mind, will, and emotions with false ideas and unbiblical conclusions. When Peter rebuked Jesus for saying He would die on the cross, Jesus rebuked Peter but also then addressed the real source of Peter's statement by saying, "Get thee behind me, Satan: for thou savourest not the things that be of God, but the things that be of men" (Mark 8:33).

If we allow the stronghold to remain, we begin experiencing tormentors in the soul. Jesus explains this phenomenon as the cause of not forgiving an offender. A servant was forgiven a great debt by his king, but then he refused to forgive a fellow servant for a small debt. Instead, he threw him into a debtors' prison. When the king heard what he had done, the king rebuked him, reinstated his debt, and "delivered him to the tormentors, till he should pay all that was due unto him" (Matthew 18:34). Tormentors were the jailers who tortured their prisoners to get the truth out of them.

After telling this parable, Jesus stated, "So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not every one his brother their trespasses" (Matthew 18:35).

Demonstrate _____⁷.

Repentance is acknowledging our sin, submitting to God's truth, and making commitments to be obedient to His holy standards. Only after we have submitted ourselves to God's justice can we plead for His mercy. "The LORD taketh pleasure in them that fear him, in those that hope in his mercy" (Psalm 147:11).

1. Make specific _____⁸.

Our greatest offense is against God for violating His Law and for causing the death of His Son, Who took the punishment for our sins on the cross. When making confession, we need to name our sins with the terms God uses, such as "adultery" (rather than "having an affair"), "fornication" (rather than "being sexually active"), and "bitterness" (rather than "being deeply hurt"). "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness" (I John 1:9).

2. Claim the _____⁹.

Because Christ died on the cross in our place, we can accept His shedding of blood as the remission of our sins. "Without shedding of blood is no remission" (Hebrews 9:22). Several passages indicate the power of Christ's blood.

- "Now is come salvation, and strength, and the kingdom of our God, and the power of his Christ: for the accuser of our brethren is cast down, which accused them before our God day and night. And they overcame him by the blood of the Lamb . . ." (Revelation 12:10-11).
- We are redeemed "with the precious blood of Christ" (I Peter 1:19).
- "If we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin" (I John 1:7).

3. _____¹⁰ to take back surrendered ground.

It is extremely important to call upon God to regain the ground we have surrendered. We are not capable of regaining it, but God is. "He restoreth my soul" (Psalm 23:3).

Our cries must represent total personal humility and helplessness and an unconditional surrender to the Lord and His will. The specific words of the cry could simply be, "Lord God, Abba, Father, have mercy on me and regain the ground I surrendered to Satan." If this step is sincerely done, there should be an immediate sense of freedom, because Satan has no authority beyond what we give him. As God takes back the ground and we then resist the devil with God's Word, he will flee from us. (See James 4:7.)

4. Make _____¹¹.

If there is not a sense of freedom or if it is short-lived, it may be that God is requiring us to make confession of our sins to our parents or to those we have offended. This is a humbling step, but one that is necessary and that God will reward with more of His grace. "God resisteth the proud, but giveth grace unto the humble" (James 4:6). "He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy" (Proverbs 28:13).

5. Tear down strongholds _____¹².

"(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ" (II Corinthians 10:4-5).

In order to identify these strongholds in our thinking, it is important to memorize and meditate upon the portions of God's Word that especially deal with the sin we committed. As we receive God's Word into our souls, we are able to reestablish His truth in our hearts. "Be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God" (Romans 12:2). (See also James 1:21.)

6. Replace strongholds with _____¹³.

The best way to remove darkness from our souls is to let in the light. Satan's ideas are darkness, but God's truths are light. As we give diligence to reading, studying, memorizing, and meditating on God's Word, we will be able to tear down false ideas with truth in the same way that Jesus refuted the temptations in the wilderness. (See Matthew 4:1-11.)

"Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls" (James 1:21). "Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word" (Psalm 119:9).

How to Engraft Scripture

- "Let the word of Christ dwell in you richly in all wisdom" (Colossians 3:16). We allow the Word to dwell in us richly by memorizing and meditating on it.
- "This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success"

(Joshua 1:8).

- “Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper” (Psalm 1:1–3).

7. Repeat this process _____¹⁴.

There is usually a sense of joy and release when a stronghold is torn down. However, just as the Israelites had seven nations to conquer in the land of Canaan, so we will have other ground to regain and strongholds to tear down. We must not be discouraged or overwhelmed; we must continue on until they are all conquered.

If we are deceived into allowing any strongholds to remain, or if we fail to do battle with any of them, they will continue to defeat us with wrong thoughts and torment our souls with destructive emotions. One pastor who had a seemingly unconquerable problem with lust conquered one stronghold after another during a period of three years. After those three years, he experienced an incredible freedom that he had not known since he was a young boy. After strongholds are torn down, we will continue to have normal temptations, but as we walk in the Spirit we will not fulfill the lust of the flesh. (See Galatians 5:16.)

Examples of Conquering Strongholds

How a Woman Conquered Fear and Anger by Tearing Down a Stronghold

“For fourteen years I suffered from anger, bitterness, impure thoughts, and nightmares. When I was three, my parents were divorced, and I was given to my mother. One day, my father took me from my mother. He put me in a day care center while he worked. In the day care center, a fifteen-year-old boy repeatedly molested me. He threatened to kill me if I told anyone. I did not tell anyone until I was ten years old.

“Last night, I watched and listened as the chart on tearing down strongholds was explained. Tears filled my eyes as I saw how that chart applied to me. I realized how wrong I was in covering that boy’s sin for all those years. I understood how I had given ‘ground’ to Satan by my bitterness and how the tormentors were afflicting me with fear, anger, lust, and nightmares.

“At 11:40 last night, I called my mother and stepfather. I told them how I had allowed a boy who damaged the least important part of me to also damage my spirit, which is the most important part of me. I explained how dedicating my body to God would mean that it was *God’s* body the boy had molested.

“It was then that my mother revealed to me that I am the fourth generation in our family that has gone through this kind of abuse and experienced the resulting problems. My mom was very excited about this new material on tearing down strongholds, which was also helpful to her. At 12:30 A.M. we prayed, and I made the following decisions.

1. “I confessed my sins of bitterness, covering sin, and immoral thoughts.

I acknowledged the iniquities of my forefathers that had been passed down to me.

2. “I claimed the blood of Christ as full payment for all my sins.
3. “I asked God to regain the ‘ground’ that I had given to Satan.
4. “I dedicated my body (as well as my mind, will, emotions, words, and actions) to the Lord for His purposes.
5. “I purposed to be mighty in Spirit and to develop daily disciplines in my life.
6. “I forgave my offender and asked God to work in his life.

“I also made several commitments so I would not fall back into the failures that I experienced in the past:

1. “I made a covenant with my eyes as Job did. (See Job 31:1.)
2. “I purposed to set no wicked thing before my eyes. (See Psalm 101:3.)
3. “I determined to always be truthful and to have a clear conscience. (See John 8:32.)

“I got off the phone at 1:15 A.M. with a new sense of freedom and victory in the Lord. I had heard other people talk about having this kind of freedom, but I never knew what it was like. Now I am experiencing it firsthand!”

How the Tormentor of Insomnia Stopped When the Stronghold Was Conquered

“For many years, I have had trouble getting to sleep at night. I would lie awake for up to an hour or more after going to bed. I tried counting sheep, meditating on Scripture, praying, and many other ways to get to sleep, but nothing seemed to help. No matter how tired I was, I was still unable to go right to sleep.

“Since I have asked God to take back the ‘ground’ in my life in the areas of moral impurity and greed, God has freed me to be able to quote Scripture to myself, to pray, and to sing myself to sleep. In the past, I had often tried to meditate on Scripture, but my mind would always stray to impure thoughts, things I wanted to buy, problems with our business, etc.

“After God took back the ‘ground’ and I was free to meditate on Scripture, I began to fall asleep very quickly. I praise God for His grace in allowing me to hear these principles.”

How a Man Found Freedom From Guilt When He Regained Ground

“I received Jesus Christ as my personal Lord and Savior at the age of nineteen. Before that time, I violated the principle of moral purity and made a mess of my life, even visiting adult entertainment places.

“Since my salvation, I have not made provision for the flesh in the area of moral impurity. I have given up all worldly music and have replaced it with melodious music. For years I have had and still have a weekly time of prayer and fasting. I have also memorized several chapters of Scripture, including Romans 6–8, and used my weapons of God’s Word and prayer targets.

“One night, a speaker at our church briefly mentioned the sin of adult entertainment places, and I began to wonder if I needed to ask God to take back the ‘ground’ that I had given to Satan in going to them. I reasoned that I visited these places before I got saved—that was years ago. Do I need to deal *now* with these specific sins? I thought, ‘Yes I do,’ ‘No I don’t . . .’

“I asked God for wisdom, and He brought to my mind the Scripture in James, ‘*Confess your faults one to another,*’ so for the first time, I confessed those secret sins to my wife and then by faith asked God to take back the ‘ground’ I had given to Satan. Then another past sin came to my mind. Then another. This went on for quite some time.

“The next morning, I looked for a passage of Scripture that would explain what was happening to me. Ephesians 4:22–24 came to my mind. I had memorized this passage years ago but never understood it. It instructs us to put off the old man with his deceitful lusts and to put on the new man, which is after God. I immediately saw that asking God to take back ‘ground’ is putting off the old man.

“After a time of intense prayer and weeping before the Lord, I now have a new freedom. I realize the enemy will still attack, but when all ‘ground’ is taken back, he cannot attack from within my soul—only from without.”

How a Crisis Forced the Tearing Down of a Stronghold

I am a pharmacist. On December 23, 1999, an eighty-three-year-old woman, whom I will call Mrs. Jones, came into the pharmacy to have a prescription filled for an ophthalmic ointment for blepharitis. I made a dispensing error and filled the prescription with a neomycin-based ointment. From that date until January 18, 2000, she used it and suffered a severe allergic reaction. Her eyes had constant tearing and were full of pain, and the tiny blood vessels that feed the eye were inflamed and leaking.

After seeing her eye doctor on January 18, she came in and confronted me with her bloodshot eye. I felt terrible. I told her I was sorry and offered to pay for her prescriptions for the rest of the year. Since she had suffered only an allergic reaction, I thought she would be okay in a few weeks; but she was not okay. Every few weeks she would enter the pharmacy, and I would feel a wave of fear come over me. I told her I would pray for her; she told me she was a believer.

Weeks turned into months and still no improvement. I turned to Scripture to give me comfort. "And we know that all things work together for good to them that love God" (Romans 8:28). "In every thing give thanks: for this is the will of God in Christ Jesus concerning you" (1 Thessalonians 5:18). I could not understand how God could turn this situation into something positive. I even fasted for four days, meditating on Matthew 11:28–30 and Psalm 23 and praying for God to heal her.

The Tuesday after Easter, Mrs. Jones went to the University of Minnesota to have a team of eye doctors examine her. She then visited me to inform me that she had been there seven hours and the doctors could not be sure if she would ever improve. When I

told her I had fasted for her, she gave me a sardonic grin and stated, "All that praying—for nothing!"

I was desperate; it was starting to torment me. During the fast, God prompted me to confess my sin. I had a secret sensual sin I had not conquered. In *The Eagle Story*, I followed all of the steps, except step 6, because it would cause me shame. I discovered, "He that covereth his sins shall not prosper, but whoso confesseth and forsaketh them shall have mercy" (Proverbs 28:13). Also, "Confess your faults one to another, and pray one for another, that ye may be healed" (James 5:16). Well, I needed mercy and Mrs. Jones needed to be healed.

May 31, 2000, 6 A.M. was "D-Day" for me. I confessed to my wife my lustful habit. This was the most shameful and humbling moment of my life. I am now free of this sin, and my marriage has improved—just in time. My wife told me that because of my lack of affection (due to my lust), she had been planning to leave me with our three children. As she was speaking, all I could think of was 1 Thessalonians 5:18 and the fact that a wife is the reflection of the husband's present spiritual condition. That was true of me! Satan operates in the realm of darkness. Sin must be exposed to the light of God's truth.

I am not tempted as before, and just knowing that my wife knows my trials helps me defeat Satan's fiery darts. As Scripture states, "God . . . giveth grace [power] to the humble" (1 Peter 5:5). I am finally free! God has given me true love for my wife!

Getting back to Mrs. Jones . . . On June 1 (one day after my confession), she entered the pharmacy with a smile on her face. She had just visited the eye doctor, who informed her that her eyes were in the process of healing. Praise God!

How a Pastor Conquered the Stronghold of Lust by Building Towers of Truth

I have been preaching ever since I was fourteen years old. I burned with a passion to preach the Gospel. Not only was I preaching often in many churches, but God was using me to win many to Christ.

My religious activity was very committed—I was a youth deacon, sang in the choir, and attended every possible youth program. But during those years, I suffered conflict in my soul. While a part of me was happy doing God's work, there was a cancer inside of me eating away my happiness. My mother often made comments about how unhappy I was. The only joy I really experienced was while I was preaching and seeing God bring people to conviction, repentance, and faith.

I grew up in an alcoholic and abusive background and lacked self-esteem and love. Although I knew my parents loved me, I can never remember them putting their arms around me or giving me any affection. Dad was too tired, and Mom was too busy with housework.

Parents who were too busy provided me with the freedom to do what I wished. Their lack of supervision allowed me to see all the devil had in the world. One of the first things I discovered was free literature along the roads—called pornography. Then when I got my first job, I worked up the courage to purchase the magazines. However, being a young, successful preacher boy greatly conflicted with my flesh. The Spirit fought against my flesh with great anger. My conscience rebuked me with great pain after each incident. In tears and sincerity I confessed my sins, asked God's forgiveness, and determined to put these sins out of my life.

But the temptation always returned even stronger a few weeks later and soon began to affect my dating life. More people were coming to Christ through my preaching, yet a powerful, wicked force was driving me into the mud of impurity. I hated what was happening. The only thing I knew to do was to confess my sin, try to put it out of my life, and walk the aisle at church.

I tried to get counsel from preachers, and I tried quoting Scripture . . . , but none of this worked.

Finally, I was able to attend my first Basic Seminar and heard the principle of meditation and engrafting Romans chapter six into my heart. I began to memorize the first few verses but then found myself back under the power of sin. I became discouraged and quit.

The next several years were the worst years of my life, and I was tempted to quit the ministry. But I knew that this was the devil's ploy. Then God brought me to a point of absolute brokenness to do whatever He asked in order to break these deep-seated strongholds.

During the summer, the people I was living with decided to take a trip, leaving their home to me. I decided this would be the time to get serious about engrafting God's Word in order to find freedom.

I began by making a list of every past sin I could think of. I attempted to trace these sins to their root causes and then confess each one. As I read the Bible, I wrote out everything God said to me. Lastly, I wrote out my memory verse on an index card and recited the verse seven times until I had a pretty good grasp of it. Then before bed, I recited it again, pondering the meaning and personalizing the application.

When I got up the next day, I recited and meditated on my new verse. Through

out the day, whenever possible, I continued to meditate and tied the new verse to the preceding verses. I began to see things I never saw before. Each new *rhema* opened up new windows in my thinking and inspired me to continue.

Sometimes I fell into sin and became discouraged again, but I decided that this time I would continue to meditate—even if I failed. Instead of giving up because of my sins, I pressed harder to come under the power of God’s Word. I knew that eventually the Word would win.

By the second week of meditating day and night, I began to feel some of the rewards. The first sign was an increase in the fruit of the Holy Spirit. Peace and joy began to grow. By the third week I sensed a newness of spirit, a freshness about life, and a positive perspective. I couldn’t believe how good I felt inside; I had never felt that good before.

Then it happened on the fourth week! I remember driving one afternoon on a freeway, meditating on the verses I had memorized up to that point. As I came to the verse, “For when ye were the servants of sin . . .” (Romans 6:20), I felt a bolt of fiery power come into my chest and explode. I knew then that the old man had experienced death by the cross. I lifted up my hands and with tears streaming down my cheeks, I cried out, “Praise the Lord, I’m free! I’m free!”

How These Truths Can Be Used to Help Others

“I want to tell you how thoroughly I enjoyed the Anger Resolution Seminar presented in Toronto.

“The rich insights continue to bless my heart. Through the seminar, and through the experience of crying out, I have regained significant ground in my life.

“You will also be thrilled to know that I was able, by sharing this material on the following Monday, to lead a colleague to trust the Lord.

“This colleague was having serious problems with her anger (although she thought it was “well-controlled”) in the workplace. We were able to trace the roots of her anger to her relationships with her mother and older sister.

“We prayed together at noon and asked the Holy Spirit to come in and take over as we agreed to pay the price of forgiveness. A beautiful peace descended upon her.

“At the end of the day, I mentioned this to her and reaffirmed to her that the Lord had heard her cry and was manifesting His Spirit in her.

“The very next morning she was tested rather hard, and I was amazed at how beautifully she responded to the test! What an awesome privilege to have been able to share what I learned so quickly and with such awesome results.”



Breaking the Bondage of Anger

Study Guide

1. Identify the tormentors you are presently experiencing in your life.

Spiritual:

- ☐ Lack of love for the Lord
- ☐ Few results in prayer
- ☐ Doubts and confusion about God
- ☐ Unexplainable fears
- ☐ _____
- ☐ _____

Emotional:

- ☐ Constant worry over little things
- ☐ Obsession with perfectionism
- ☐ Discouragement and depression
- ☐ Worry and anxiety attacks
- ☐ _____
- ☐ _____

Physical:

- ☐ Difficulty getting to sleep
- ☐ Food allergies/asthma
- ☐ Chronic illness
- ☐ _____
- ☐ _____

2. Trace the tormentors to ground that was given to Satan through anger, greed, or lust. Note the times you went to bed angry.

3. Ask God to show you ideas you thought were true but are contrary to God's ways.

4. Follow the steps to regain ground. Record the date, along with God's reward for your obedience.
