

Dear reader, if you are not already a firm believer in Jesus Christ and His ministering spirits please hesitate before reading this document yet as we are going to delve deep into the spirit world. These spirits are very real and this document is going to expose them completely. If you are not a follower of Christ or you just don't believe, this document may not help you in the way I have intended it to. I turn your attention instead to some of the other documents on this website and I encourage you to give your heart to Jesus.

### **Anger? or Despair?**

Dear friends, how often are we bowed down in despair? And how often are we boiling with anger? Do you think these two emotions may be linked? Hand in hand they go, each one egging the other on, sometimes to dangerous levels - anger, to make irrational dangerous moves and - despair, often to the destruction of one's self. But has anyone realised that both of these emotions go hand in hand. Let's go to the dictionary.

Let's start with despair, which is according to the dictionary:-

“The complete loss or absence of hope.”

And anger:-

“A strong feeling of annoyance, displeasure, or hostility.”

Now to all appearances these two definitions have nothing in common, but let's look closer. The first fact that we need to realise is that anger is a secondary emotion. And if anger is the 'secondary' emotion something else must be the first. If we go back to our friend 'the internet' we find many a reason for anger but this is one that I believe relates to our topic today.

“Beneath the surface of anger lie primary emotions that drive this secondary reaction. Typically, we experience a primary emotion like fear, loss, or sadness first.”

And this friends, is how anger and despair go hand in hand. Despair if left unchecked does flow over and give way to the emotion of anger. Let's go deeper into our topic of today.

People of today are being pushed past their endurance limit. Pressures from all sides are squeezing them and help is not forthcoming. People can no longer hold their 'despair emotions' together, and they are just losing control, their emotions are just running rampant, and they are fast turning to anger.

So where are we at during these times? Yes, we are in a bad space. Satan is always going to tempt us, especially now, please friends, more than ever before we need to block him now. Mostly at these times we don't have any strength left and this is why these situations are so hard for us. Despair has broached anger and it is all swirling around inside us like a hurricane, and as soon as something unkind, too hard or just negative happens or is mentioned then the hurricane bursts forth and envelopes us in its power and we have no chance of resisting.

So friends, there are two paths that we can go down from here and I pray you take the one with Jesus. As I mentioned above this document is being written in the assumption that you do know Jesus, but if not friends, you can still gain understanding and comfort from these words. So let's look at path one. Well, basically friends, this is the path that too many people choose to walk alone. They do not reach out to family or friends, and they do not reach out to the many charities around that offer help, these people choose to walk alone, often to their detriment. This is very sad as even if you are not a Christian and do not want to reach out to Jesus there are still people out there that can and will help. Please, if you are in this group do not try and do this alone, reach out and allow someone to help you. But let's go to path two. This person is a Christian and has turned to Jesus for help. But before we go down that path let's take a little refresher on just how the mind works.

So we are in despair of tomorrow, we know that we are really affected badly by these 'outbursts' of anger that we may or may not be experiencing and our energy reserves are fast being depleted if not already gone. But what has changed is that despair is giving over to anger and this friends is dangerous indeed. It is human nature, when the body has been in despair for too long, when everything, even the simplest of tasks becomes too hard, when the mind runs out of things to blame your troubles on then it just turns to anger. We have probably seen these people but maybe we haven't understood just why they are so angry. In short life has become too hard and without any hope of help the mind just gives way to anger. Anger at everything, everyone with no rhyme or reason and this is where insanity can start. If help isn't forthcoming these people can go mad and reason will leave them. Friends, this is fearful indeed.

So, we are angry, and we are sorry about it. But let's take a look at the brain and just how it works? Our mind is scrambling trying desperately to find a way out of the pain and torment it is in, our mind is also looking for a reason, a cause to blame this anger on. I would like to deviate here and mention a document that is already on this website. This document is entitled 'Human Nature'. There are others on this internet site that address our mind's workings but I believe this one is the best for today's topic. Let's go to an excerpt from this document.

“See this is how the mind works. When a tragedy, pain or trauma happens the mind automatically looks for something to blame it on. Take for example a broken arm, the physical pain has been caused by the broken arm but it was the accident that caused it, therefore the mind blames the accident. More intense trauma goes deeper. Take for example a cancer survivor, their physical pain for instance was caused by the chemotherapy therefore their mind blames the cancer, this is the mind's natural defence mechanism, it needs to find

something to 'pin' the trauma on, something to blame. This is for the protection of our very sanity.

Now in real time this 'protection' imbedded in human nature is for our benefit. See the human nature will blame whatever it sees as the cause, this will steady the mind and allow it to grab hold of a foundation. Then with time, the right environment, maybe counselling and sometimes medication the mind will heal and understanding and reason will be enough to stabilise the mind and return it to its natural state..."

Satan is also always on the bandwagon standing ready for any opportunity to oppress us and he presses discouragement upon us to the point of our despair. There is that word again, now where did we read it before - that's right at the very beginning of this document - despair. Believe me friends, despair is often manifested in anger. But friends, Jesus has walked this path before us and He will succour us. Jesus has ways for us to cope, we just need to place our faith in Him. Jesus is a God of love:-

1st John 4:16 "And we have known and believed the love that God hath to us. God is love..."

Isaiah 54:10 "For the mountains shall depart, and the hills be removed; but my kindness shall not depart from thee..."

And He does have plans in place to help us, He is always by our side and He will always help guide us through.

Psalms 32:8 "I will instruct thee and teach thee in the way which thou shalt go..."

Joshua 1:9 "Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest."

Deuteronomy 31:8 "And the Lord, he it is that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed."

Friends, I believe that we need to separate the two principle factors here. There are many factors that can drive us here but the one I'm using as a example today is pain. So, the pain is one thing and the distress another and never the two should meet. Once you separate the pain from your distress you can deal with each one separately. Friends, we have a loving Saviour and more than ever before we need Him now. We need to lean on Jesus and allow Him to guide us to others who can help. Please trust in Jesus and lean on His power.

Friends, there is a picture that I would like to share with you that I believe helps us out of the darkness and into the light. It is just a concept that we can 'see' and I believe it may help us through. Picture if you will a staircase, one reaching up to heaven, the only way from here is up. So stepping on one step at a time, then waiting till you are stable on that step then taking the next, again waiting on the step till you are stable, then taking the next

step. Friends, these 'steps' are on Jesus, and step by step Jesus will help us out of the anger, out of the despair and back into His arms of peace. It isn't easy friends, I know I've been there, but believe me it is peace when we leave our cares with Jesus. Jesus always has a solution and He will guide us through, please friends, just hold onto Him.

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