

I once had a chance to ask Dr. Carl Menninger of the Menninger

Foundation: “In your years working with human beings what is the most important thing you have learned about anger?” “Two things” he said “are most important. First is that anger is a secondary emotion. There is always another emotion underneath. Until you treat the underlying emotion the anger will not go away. Second is that it is very easy to let anger become a habit...something you use at the first sign of trouble. We should never let anger become a habit...something we use to protect ourselves from pain or loss.”

I don't know what I was expecting but I can't imagine anything more valuable to families who have gone through divorce. Nobody likes to be hurt. It is the worst feeling in the world. If no one was ever hurt there would be no need of drugs or using anger like a drug. Historically they are human beings two major ways of coping with pain.

In the end all problems with anger come down to one question. Are you willing to look at your pain? Are you willing to believe that God is able to help you with yours...to help your children deal with theirs? This is the one thing that makes our God different from any other...he allowed us to see his pain so we would trust him. It is the first best reason to join a church, a prayer group or a Christian counselor.

BLESSING FOR A CHILD TRAPPED IN ANGER

Father I bring you _____ for your blessing. Bless h__ in h__ anger before it harms h__ soul. Bless h__ with friends who will listen to h__ feelings and keep h__ company. Help h__ know that anger is a burden no one can carry alone. Remind h__ Jesus when h__ anger is leading h__ to sin against others or against h__ own soul, to turn to you. Help H__ to See you. WHEN _HE WANTS TO HIT, HIT, HIT, HELP HIM TO TALK, TALK, TALK, to you, to me , to anyone you send to walk with h__ thru the cloud of anger into the LIGHT of understanding and compassion. **Bless h__ father with strength to face the pain that is causing the anger and faith enough to share it with you.** Most of all father fill him so full of your Holy Spirit that the anger is washed away and replaced with the joy of knowing you.

Be ye kind to one another. Ephesians 4:3