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# How to Destroy Anger

by

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*Losing Control*

**Prov. 16:32 He that is slow to anger is better than the mighty and he that ruleth his spirit than he that taketh a city.**

Anger, what exactly is it?

The bible says that an angry person is one who has lost control over his own spirit. Look at this closer "He that is slow to anger is better than the mighty". Most people who get angry think just the opposite. They think that it is one of their strong points. They use their anger to control situations and others. They feel powerful when they are angry but anger is actually a sign that you have lost the ability to even control your own self and further more in Eccl 7:9, it says you are fool.

"I mean it.....don't make me mad! You don't want to see what happens when I get mad, and I don't get mad, I get even," are all famous prideful sayings we've either used or heard.

Like the Incredible Hulk we see ourselves as a force to be reckoned with, god-like and dangerous, bringing hell fire and brimstone out of our powerful reservoirs to tower over those who dare oppose us, striking them down into submission at our feet.

Could we actually be proud of anger? For a majority of mankind this is true. We look at anger as a good thing that keeps us in charge, teaches bad guys a lesson, and justifies a use of force we'd normally not have to use, but someone 'made' us do it.

Just think of the last blood and guts movie you watched. How the poor innocent guy got his whole family slain by wicked men, then rose to the wickedness in them by killing them all in some horrible fashion. Reeking his bloody, yet justifiable, revenge upon those miserable beings who came against him. Is this the real picture, or just what we want to see? Is our anger really justifiable or are we playing god?

What drives you to be angry? Why is it so hard to stop being angry? How do you destroy anger when it seems to just come out of nowhere and do its own thing and relinquish you like a puppet when it's through? What happens to angry people?

## What is Anger?

Webster's definition of anger: *a feeling of displeasure resulting from injury, mistreatment, opposition, etc., and usually showing itself in a desire to fight back at the supposed cause of this feeling*

I thought that definition was a very polite interpretation (smile). As a person who struggles with this tenacious spirit I will tell you one thing, that that definition is a politically correct version of anger.

There are varying levels of anger from ticked off to complete mindless rage. I would say that varying levels of manifestation is probably true for most any sin. But anger has a special effect upon your soul that other sins do not carry and will horribly affect others around you too. You can actually send spirits into people this way. This is how witches place curses. When you are angry with someone, whether intentional or unintentional you are in essence, cursing them, more on that later.

Being upset is one thing, you can still hear your conscience begging you to stop, however, rage is basically near full possession and you are not in control or barely in control of yourself. Your spirit is being ruled by another (Prov. 16:32). This is how people kill each other and do much harm and don't even understand it later. It is how babies get shook to death.

**Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools. Eccl. 7:9**

Here you see the first clue to anger 'hasty in thy spirit'. Anger is bred from impatience. Anger is basically the result of an inability to wait when you don't get what you want when you want it.

Ever see a small child not get a the toy they want? How well do little kids take turns? When you tell a child no, what do they do? Mine has tried to break things with his head in protest!

Adults are nearly worse then kids! We are odviously not born with patient spirits. So where does anger come from?

**1 John 4:6 We are of God: he that knoweth God heareth us; he that is not of God heareth not us. Hereby know we the spirit of truth, and the spirit of error.**

There are two sources to draw from, the spirit of truth (God) and the spirit of error (demons). When we are angry, especially without cause, it is the spirit of error working in us. The difficult part is that it doesn't help one bit for you to know that and makes you feel even worse! After all, you cannot just stop being mad even if you want to. So how do you destroy anger when it seems to have a life of its own in you? More on that in a minute, first lets take a deeper look at how anger affects you.

## What Anger Does

Anger will draw unclean spirits to you. Witches use this method to cast curses. When you get angry and at someone and think of them, you are sending them evil spirits or negative energy.

In labratory tests it was proven that angry thoughts kill live tissue. The horrible thing to know is that we are killing each other when we are angry and what is even worse is that we don't know how to stop being angry. It is like a tire bouncing down a hill.....its out of control and we don't know where or when it will stop!

Anger however, does have its limitations as God will not allow His children to be cursed. The biggest danger is when two people are ticked off at each other and they are reciprocating the anger. This demonic spirit is feeding off of much and growing at a rapid pace. Someone needs to receive wisdom and understanding and break the cycle.

There are however several points you need to see. Anger usually comes forth out of you by thoughts or words spoken.

**Eccl. 5:6 Suffer not thy mouth to cause thy flesh to sin; neither say thou before the angel, that it was an error: wherefore should God be angry at thy voice, and destroy the work of thine hands?**

Your angry mouth out of control will bring death to your life. It will bring in demons, creating death to reign in you. It will destroy the works of your own hands. Anger will destroy your life.

Your angel stands in God's presence 24/7 and reports constantly to the Father. God's anger is just and He will destroy the work of your hands (what you are doing).

**Prov. 19:19 A man of great wrath will suffer punishment: for if thou deliver him thou must do it again.**

A person whose spirit is out of control, who cannot control their anger, who speaks angry words, will suffer punishment from God. Once again, knowing this only helps in that we must see the urgency in destroying the anger in our hearts.

**James 1:20 For the wrath of man worketh not the righteousness of God.**

Anger really does not bless anyone at all! It does not bring about God's desires or plans for anyone or anything.

Anger will make you sick, curse others and possibly even kill them, bring punishment from God upon you, cause whatever you are doing to fail, and will not ever bring about anything Godly in your life.

When you are angry with yourself you are cursing your own flesh!

Do you see then why anger must be defeated in all of our lives? Anger is not something to be proud of. Anger is not good, nor a fruit of the Holy Spirit.

When you practice anger or even try and make people angry you wound people, you are offending them and you could cause them to fall. Remember how much God loves them and be very careful what you say and what you do towards others. Remember to fear God as your angel is telling on you!

## Getting a Grip on Yourself

I've pondered alot on what anger is. I've asked God to show me. I've felt and refelt what it is like to be angry and know God is not happy and I know how it feels to realise that there is no way to escape your angry feelings. It is a helpless worthless feeling that greatly humbles one.

How much we desire to be in control of ourselves, plotting our own way in life, making our own choices, showing others we are doing good, etc. but that is all pride food for the foolish. The truth is that we can only go down the right path when it is enlightened to us. Of ourselves we are nothing.

We can't choose good or evil if we can't see or understand the good. We truly perish for lack of true understanding, adrift on a dark sea of blind thoughts.

Paul said it well in **Rom 7:15** "For that which I do I allow not: for what I would, that do I not; but what I hate, that do I."

This is me when I'm angry. I don't want to be angry. I don't like being and feeling angry so I try really hard to stop being angry, but can't so then I get angry at myself for being angry. Wow....that helped! How do I stop being angry! Does anyone know how to stop anger?!

It's like I'm on a merry-go-round from hell, meanwhile the ones you really love and swear you'd never hurt are being plastered by demons shot straight from hell through your spiritual guns. Is there no end to this horror? Will anger cease on its own?

Once it's feasted enough, it goes down like a sleeping tiger full of its raw bloody kill, only to rise again when you least expect it to feed itself at will, devouring the very ones you love.

I heard a woman's plea in church one time for prayer, "Please pray for me. I can't seem to stop being angry. I threw a candle stick at someone today....please pray for me!" Sadly, I know how she feels.

But there is hope! I have found how to destroy anger, though it takes time on some issues. I have found the way and that is the point of this booklet. God has graciously shown me how to destroy anger.

## How to Destroy Anger

**Prov. 19:11 The discretion of a man deferreth his anger; and it is his glory to pass over a transgression.**

Hebrew definition of discretion: wisdom, understanding, and knowledge

Websters definition of discretion: caution, prudence, tact, diplomacy, foresight, mature judgment, circumspection, carefulness, guardedness, restraint, reserve, decorum, wariness, sound judgment, thoughtfulness, concern, consideration, watchfulness, precaution, good sense, providence, judiciousness, maturity, discernment, solicitude, forethought, deliberation, responsibility, sagacity, wisdom, and presence of mind.

With wisdom, understanding, and knowledge from God you can defer your anger!  
Wow! Not only that but in doing so, it will bring you honor as you do what?.....  
pass over and not entertain a transgression.

Here we see that if we could somehow attain wisdom and spiritual insight from God on what is ticking us off, we would be able to pass over the transgression or wrong doing that normally makes us mad and find honor or be a respectable person whom God will not punish or who will not reap the reward of a wicked deed done. That sounds good to me, but how does it work? How am I getting mad in the first place?

Back to the first clue:

**Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools. Eccl. 7:9**

Impatience is the key to being angry. Anger comes when you don't get what you want **when** you want it. Nearly all anger stems from an impatient person who doesn't get what they want **when** and **how** they want it.

Remember that you have to be able to "pass over a transgression" to not get angry. People who get angry are not able to do this. Why?

Why can't you let someone wrong you and just let it go? Why does it have to be **your** way?

Let's look at the Webster's definition again.....

***" a feeling of displeasure resulting from injury, mistreatment, opposition, etc., and usually showing itself in a desire to fight back at the supposed cause of this feeling"***

"Showing itself in a desire to fight back". That is anger in progress, revenge, resentment, spite, and all those things that come with anger. It is you fighting back.

Why are you fighting? Who are you fighting?

You are fighting to get what you want or think that you need. Look at your life closer. When you get mad was it because that person didn't do or say what you wanted them too?

How do you stop wanting people to do things? How do you come to a place where 'you' stop running your life and God starts?

The reason 'you' are fighting, pushing, pulling, and trying to 'make' things happen in 'your' life is because pride is still alive. Pride is simply you believing in yourself. That is all it is. Your faith in you. That is why you are busy doing your own work, making your own way, seeking your own kingdom, and through pride anger is able to function well.

Pride is the source of anger, the fallow ground from which it breeds. The stronger the pride, the more alive your anger will be. Pride, ego self, demands things and then doesn't get what it demanded and so it is angry.

This is why we cannot take the least little bit of criticism or competition. We cannot allow ourselves to fail or lose, why? We are playing god....god's cannot fail! How are we playing god? By taking care of ourselves and believing in us to provide,

care for, and make our own way in this world!

You want recognition, you want to be noticed, you want to be 'respected', you want others to 'treat you right', you desire love from others, approval from others, meaning for your life from others, and so you demand it and then when you don't get it from that person(s) you are angry and punish them.

How does a prideful mind work?

One moment a person is nearly a god to you. You compliment them and keep them fed with your full menu of pride food. As long as they are pleasing to you and doing what you want you treat them like gold. But just let the poor sap you've set on a throne make you upset! All hell will break loose as you rip their little plastic throne down and trample them without mercy. Once you've pulverised them enough, you give them that 'golden opportunity' to rise to their throne once again and bear the great honor only you can bestow upon them hoping to set the fear in their heart of disobedience to your demands.

In your heart you may not see it so clearly, but it is the system of reward and punishment we use to control others with.

Why do we do it? To get what we need of course. Obviously it isn't for the other persons well being that one would be so cruel and unkind.

We need to be approved of, we need meaning to our lives, we need to be loved, supported, nourished, and sometimes when drawn to the darker side of life, we simply demand to be god, worshipped, adored, and obeyed.

The horrible part of this scene is, and get this,...other people don't have what you want to begin with! ARGH! So you beat them senseless in your fits of anger, reward, and rage and never get anywhere, well..... except sick, the works of your hands get demolished, God's not happy with you so you don't have the fruits of

the Spirit (peace, love, joy, etc), and not too many people are eager to stick around you either! After all, can you blame them. You're a volcano that keeps erupting and spewing hell fire down from the sky!

Here's the truth of the matter. By getting angry, you can pretty much count on not getting anything that you want in life. God will destroy what you do. He will not reward you for being bad and encourage you happily along to the gates of hell. As long as you are a son, he will be the Father and correct you in your wrongs.

Not only that, but the anger (curses) you are sending out will cause you to be physically sick one day and anger will also draw demons to your side.

I hope you have gained a deeper appreciation for how anger works and why we must overcome it in our lives. In order to destroy anger, the first step is to understand that you have a 'problem' with it and see how you are using it in your life towards others.

Now, let's take a deeper look at this scripture:

**Prov. 19:11 The discretion of a man deferreth his anger; and it is his glory to pass over a transgression**

Pride (believing in yourself) is the root cause of anger. You think that you have to get what you need. You are taking care of yourself. You are the center of 'your' world.

To destroy this, you must come into 'discretion and understanding' that you are not who you are pretending or believing yourself to be. You are not God. You cannot change anything in your world by your own efforts. You can't even guarantee you'll be here on earth today. You didn't choose to be born and your spirit will go where He says it will. You are not in control of anything except who

and what you believe.

Humility (seeing who you really are) is the key to destroying pride (belief in one's false self).

The control you seem to have is given you or 'on loan'. You don't even own that. So take a moment and let the 'smallness' of your existence set in.

Suggested reading is my booklet: "***Humility: The only path to God***"

So.....to destroy your anger you must....

1. First, get on your face before God and ask Him to reveal to you in each case 'what it is that you want' and where the striving against Him in your heart is, because that is what you are doing. Trying to 'make' things happen and playing God in your own life instead of acting on wisdom from Him.

2. Ask the Holy Spirit to give you strength and wisdom. You aren't able to overcome anything on your own so don't even try. Trying, again, is pride. You can't just make yourself not be angry. Your anger will disappear with revelation from God acted upon.

*Let me repeat myself here. The only way for your anger to disappear is for you to come into an understanding of why you are angry and where your heart should be. It must be revealed to your inner man by the Holy Spirit.*

You cannot figure out why you are angry by repeating the hurtful and negative thoughts. This is the spirit of error (demons) playing with your mind. Every time you repeat a hurtful thought towards someone you have just e-mailed a curse to them. When the person you mailed it to is God's, you e-mailed God a curse. How do you think that will turn out should you persist?

God is merciful. His grace will sustain you, just get on your face and begin to seek Him for the help you need to get past the anger. Should you try and use your own power to solve your problems, seeing you don't have any power, how far do you think you will get?

**You cannot make anger go away.** If the person making you angry, were to give you what you thought you wanted, it would only temporarily deter the anger. Next time someone or that same person denies you, you will not only be angry again, but all the past angers will surface with the new one and each time the cycle deepens the curses grow stronger.

Curses like this come back to you.

**Cast thy bread upon the waters: for thou shalt find it after many days.  
Eccl. 11:1**

This is a law of God. What you do towards others will return to you. It is pure justice. This is another good wholesome reason to cry out to God, on your face, and humbly beg Him to help you. If He doesn't help you, who will? Do you know of anyone else who can? Who can keep that nasty bread that you just sent out from coming back? Dear God have mercy!

## **Wrong Thinking Corrected**

Most anger in our lives come from simply not getting what we want or think we

need. Then pride steps up to the plate and decides to solve the problem for us. Our thinking is centered on ourselves, our needs, wants, and desires so we believe it is also up to us to make them happen or come to pass.

Having the Truth restored to you in this area will bring much joy to your life. Stress, frustration, and anxiety leaves when Truth takes center stage in your heart.

When you try to be your own Creator, the source of your own existence, and sustain yourself and care for yourself, that is where the trouble starts. It is from this false mindset that your heartache arises.

You cannot save yourself in any way. You can't supply yourself with joy, peace, salvation, and power. You aren't the source of it, God is.

So when you try, you get frustrated. When you look for it in others, it isn't there either and you will only find more frustration!

The desire to be loved, accepted, appreciated, cared for, and the meaning of life are all and only in the Father. That is the only place they exist. So when you try and pull it out of yourself and others you will find the opposite of what is in the Father, for He alone is all that is good.

You must relearn, or learn to think properly. You must gain the understanding of Truth. Errored thought acted on is what gets us all in trouble and draws the kingdom of hell into our lives.

Right thoughts wrought forth from a repentant heart will produce the fruits of the Spirit in your life. This is how you destroy anger. You must attain the understanding from the Father and through a repentant heart that has been

enlightened with the Truth you will destroy anger in your life and any other sin (wrong thought acted on).

Lets take a look at how anger begins and works:

### **Basis of anger: Hurt feelings and actions out of the flesh**

Someone is rude or unkind or simply doesn't do what you want them to do. At first, you are good to them, they are still unkind so you then respond angrily, maybe say things you don't mean and fight back by not speaking to them or speaking evil of them to others, telling others of your pain for sympathy and comfort. Others who are more aggressive may physically attack.

Most gossip and slander are done from this basis and by rage many have been killed and maimed.

You play the scene that upset you over and over in your mind. After all, something went wrong. Why did they do that to you? Why are they denying you what you want? Is it wrong to want to be loved and cared for and treated 'right' by others? Am I asking too much for them to just 'respect' me? Why are they doing this to me!? I'm a good person?

Perhaps the deed done to you was completely wicked on their part and even unprovoked. How could they do that?!

This sounds like a good heart doesn't it? How many of us have justified these very thoughts in our minds, yet they are not correct. You have been played by hell's little fake seductive sympathetic angels who are wooing your prideful self straight to hell.

All hurt feelings are, is you thinking of and concerned for your 'self'.

But what if you weren't concerned for yourself? What if someone else was concerned for you and already taking care of you? What if the Person who

created all things and to whom belonged all power and might was busy taking care of you and you knew, beyond a shadow of a doubt, that He loved you dearly? Would you feel the need to defend and provide for yourself anymore? Would you insult Him by even trying?

If you could see the angels, rushing to your side, preparing the way for you to walk, moving the obstacles, strengthening your heart, whispering truth into your ears, and fighting back the demons from you.....a thousand at a time..... would you feel a need to beat on your fellow man for that which he does not possess?

Could you now find it in your heart to overlook the errors of your brothers and sisters, who haven't yet found their Father's hand? ...infants in Christ who seek their own and don't yet know their left hand from their right. Can you honestly justify in your heart being angry at them for treating you bad and how could you ever ask of them that which they do not possess, seeing they could not respond correctly yet?

Is it so hard now to overlook the errors of another? They are just little sheep trying to find their Master's fold. They have no power to save you, heal you, and set you free. Only those things come from the Father. Help the little sheep, by being patient with them and kind.

**And so we see through discretion..... Wisdom, Truth, and Love.....that we are truly delivered from anger.**

It doesn't matter how people treat you, you treat them right, for this pleases your Father's heart. It is your Father you look to to guide, comfort, and care for you.

You see people's sin and you see them trying to stir you up. Are they trying to justify their own anger? Perhaps...but it doesn't matter, you know that the person who can move you, owns you. So you know better than to let them upset you or move you to do things. Your heart will only be moved by the your Father, by Truth. You carry out only His desires, His thoughts, and His ways. You will only be moved by your Father's heart.

If that person has done you no wrong, but you used to be angry with them for not giving you what you want, you can now clearly see that it was wrong to want something from them in the first place. God is the source of all that you need and no one else is.

Because you choose to be patient and kind to your fellow man who may well be stumbling around in the dark, trying to find his own way, God will bless you with peace, joy, and His kindness. Serenity will flow in and out of you as you do that which is pleasing to the Father. It is like the great big hug from heaven!

No longer do circumstances or the actions of others move you. You are only moved by the Father in you. You only look to Him for that which you need.

## **What my Father Does For Me**

It is because we don't know what He is doing and has done for us and who He is that we look everywhere else for what we need. Pride won't let us admit that we don't have what we need and that we cannot on our own make, attain, or find it. So we run around like chickens with our heads off unable to rightly do anything

and are soon to perish should we not change our heading.

Here is what our Father has done and is:

- a. He tells me if I'm doing okay through feelings (joy, peace, love, etc.)
- b. He sets my path in front of me so I won't fall down
- c. He sends His holy angels to keep me from being destroyed
- d. If necessary He will move heaven and earth to keep me in His hands
- e. He gives me His wisdom so I can know Him
- f. He comforts my heart
- g. He teaches me as I am able to learn, ever patient and kind
- h. He gives me gifts to do what He asks of me, never asks more than I am able
- i. He forgives me when I do bad things and disciplines me by removing my peace and joy to let me know (by feelings) that I've 'missed' the mark.
- j. When I fall on my face quickly before Him, He comes to rescue me and show me the way.

Now for what reason do I need another? Can they send angels to pick me up? Can they move heaven and earth to save me? Can they restore my soul? Can they provide a way for me to go with their everlasting kindness and power? Why then should I be angry at them for being who they are? They cannot be God and it was wrong for me to want them to. Why? Because that is the epitome of sacrilege!

I've no reason to hurt them. They are the works of my Father's hand too. He loves them and I love the Father and don't want to make Him sad in any way or set them up for failure. So I will do whatever I can that is right and good. Overlooking someone else's wicked ways is just one way I can thank Him for forgiving me. After all, I cannot forgive or make someone's sins really go away,

but I can overlook them and not make it worse for them by compounding hurts and troubles in their own life.

Everytime I do this, my Father floods me with His joy. It is like a big hug from heaven and I know that He has everything I will ever need. Only He is my God. Only He can rescue me from this world and keep my soul.

What others say or do doesn't really matter. I don't need their approval or disapproval to be happy or well. Should the world perish and only I were left, God would sustain me completely! I am to serve, love, and adore only Him in whom I exist.

When I do good like Him, it pleases His heart. When I am no respecter of persons like Him, it makes Him sing. I love Him, I adore Him, I want to be just like Him. He is my great big Daddy! I have truly found my Father!

I also respect Him when I see Him in others and I know that it is Him in me that is able to help others.

## Patience and Waiting

Impatience will birth anger. A patient person will stay in possession of their soul/mind.

It is very important to understand that one must have patience. What if 1000

things must take place before a certain thing that you have asked or prayed for is done in your life.

You know that whatsoever you ask according to His will, will be done, right? So you ask. What next?

You wait.....

If it is approved of and the timing is right, your Father commissions the angels, they head out in all their splendor and glory, busy and obedient and working. Do you want to be the weak link in the chain? What if you give up and go another way instead of waiting on the Lord? I often wonder how many wonderful plans for us are ruined by our giving up so quick and losing heart. How many times have the angels sighed as we dropped the ball!

Patience allows you to possess your own soul/mind. That means that you don't give it to demons to mess with and screw you up with all their 'what ifs' and 'oh nos'.

**Luke 21:19 In your patience possess ye your souls.**

When you know that God promises something, then you ask..... then wait. Don't move, just wait. Keep your eyes on the Father, don't listen to the 'what ifs'. Keep the Faith He gave you and don't let go. Keep thanking Him, keep reaffirming the Word He has spoken to your own heart. Speak words of life, not death.

Be very patient when others come against you. For God was and is patient with you. You have no need to harm anyone, for no one has anything that you need, and

God is watching over you.

If someone were to think 'highly' or 'lowly' of you, what difference does it make? You aren't out to please and serve them! They aren't your God! You must always and only please the Father. By putting Him first, all your anger will vanish away into the nothingness from whence it came. Like a bad nightmare, it will just be forgotten with the rising sun of your understanding.

Your Father knows all there is to know about you, this world, others, and nothing will ever surprise Him. Putting your trust and hopes in Him to open every door, keep you safe, and provide for your every need is the way He designed you to function. You will have much peace and God will be greatly pleased by this.

**Eccl. 7:8 Better is the end of a thing than the beginning thereof: and the patient in spirit is better than the proud in spirit.**

**Rom. 2:7 To them who by patient continuance in well doing seek for glory and honor and immortality, eternal life:**

**James 1:4 But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.**

Here is the understanding that destroys the anger. Let patience have her perfect work. If you asked most people how likely it was that they would never want anything again they would mock you! But here we see that if you are patient, truly waiting on God, that you would be complete and want for nothing.

We must look only to God to make the way for us to go, to set that path underneath our feet.

Keep a steady eye and an unmovable heart upon Him as your provider and don't be swayed by the demands, taunts, compliments, or desires of the world and others.

You know that there is really only One God. Only One provider, so you set your eyes and heart on Him alone. In doing so, you will be satisfied with whatever He commissions into your life or upon you.

Let beastly man fight and strive with one-another for a morsel of self-existence. You know it doesn't self-existence doesn't exist! That imaginary life outside of God/Truth, that the world preaches, you know it is a falsehood. You are not interested in an ignorant dog-fight over a dry bone.

What is the point? What if you could make others obey you? To what purpose would this serve? They cannot fill your empty heart or even so much as return a loved one to you from the grave.

Only One Person can save you. Only One King of Eternal Glory holds this world, your soul, and the stench of hell at one moment in His everlasting unmeasurable mighty hand. He is the only One worthy of honor and praise. The One in whom you place all of your trust.

To His name and His name alone will you come on bended knee, asking, seeking,

and knocking. A demon will never get that honor from you. You will never ask a devil for help or cry out to another to sustain your soul. You'll not join them in the usage of anger and hate to rip the souls of others apart. Chewing on the hurt and misery of another human being to satisfy the cravings of hell fire.

Let anger fall away from you as you realise that God is God and you are not. That people have only One source of Life and Happiness and that all your answers are in your Father's hand. Let the demons run from you as you turn your heart to your Father and cry out for the angels to come and help you. When demons attack you through others, you've no cause now to join them as you know your Father's watchful eye rests on you.

So let peace rule in your heart and may God bless you always.....

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