

- ↳ We've been looking at steps to resolving anger which begins with confession to God that it's a sin, defining the offense, grieving the loss, trying to understand your offender, and searching for pearls in the offense. Today we are going to be considering our final two steps to dissolving anger.
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1. Step 6 is putting your feelings into writing, in the form of a letter to the person who offended you. This may seem a little strange but has proven to help those struggling with forgiveness. Things to include clarifying what happened (this "what you" and "how this" made me feel, this is what I feel was taken from me). Talk about your feelings (this hurt, deep anger, resentful feelings towards you, etc.) Express your desire to forgive and obey God and move on. Express how you would like them to respond.

- ✓ This is not for you to send to them, necessarily. It's primarily for you. They may find it too painful to deal with their shortcomings and lash out if they read such a letter, Proverbs 9:7. Understand: people are caught in a sin cycle; the devil has a foothold in their life. You are breaking that cycle by resolving your anger not by correcting them. They may never say they are "sorry" or reconcile with you or ever acknowledge that they ever even did anything wrong, and they don't need to for you to forgive them. The major purpose of this step is just to get all possible hidden feelings and emotions out in the open so that you can deal with them with God's help.

2. Step 7 is reaching out to your offender.

- ✓ "But you just said don't reach out to them, they may hurt us again," no I said trying to get them to confess and reconcile may not be the best idea. Reaching out to them in love is exactly what God does to us. Not, necessarily, looking for an apology or even reconciliation, but doing good to your enemy, Romans 12:20-21. How do you know when you've forgiven? When you can think of them and reach out to them in love. Another way to know is that you can pray for your offender that they would change and follow God.

Choose forgiveness, put the devil to flight, James 4:7. "Submit yourselves, therefore, to God. Resist the devil, and he will flee from you."
