

## Why so much anger?

August 11, 2016

I woke up this morning early (like I normally do) and rolled over and turned on the morning news (also a habit of mine). Within the first ½ hour of waking, I was exposed to the delusional rantings of one of our presidential candidates, the regular deceptions of another candidate and the disturbed rantings of people across the political spectrum.

I think I woke up and Chicken Little was in charge – everyone running around shouting that the sky is falling. But then something struck me a couple hours after my day actually started. I realized that at some point my muscles were tense, my spirit was a little anxious, my temperament a little impatient and I was just “out of sorts”. And now I know why – Chicken Little took over my morning!

I could be angry *with* my surrounding culture – I listen to the rantings and the injustices that are present in our world and I find myself getting angry just like everyone else. I find it is easy to be angry when you are not alone and I can be very angry, along with everyone else who has a voice on radio and television (and at the grocery store, in church or anywhere else people are)!

I could be angry *at* my culture and my world. I look at the things some of these politicians do; I witness the violence in our streets (sometimes perpetrated by our police and sometimes upon our police). I could get angry that it seems like the idiots have been put in charge of the world and the lunatics are in charge of the asylum.

I could be angry *because* of my culture. I remember the anger of James and John when Jesus was rejected by the Samaritan village. They wanted to call down fire from heaven. There are times when I witness the evil of our world and I want fire to rain down because of the things that I see and experience.

And then it dawns upon me...my anger is simply because I think I could do a better job than all the people and things around me. If people would just manage the world like I would (or so I think), everything would be a-ok! But in the bright light of day I know that this is not true and anger is my choice at the foolishness I see around me (and yes, even within me).

I realized in the moments this morning, that I must not allow my culture, my world or my environment to control my emotional state. I must not give in to being angry just because those around me are angry or people are doing things that I don't like – even if those people are close to me.

So for today...I am not listening to the news or the extremes of any persuasion. I am not going to allow people to rob me of the joy of my day (this day that the Lord has made for me to be glad in it). I will not allow myself to become angry because of the world –

I will have joy because of the Lord! Join me in this better world!