

MARCH 2020 | WEEK 11

ELEMENTS OF ANGER

Devotional

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THE CLOSER GOD IS.

By Torrie Slaughter

Prayer. Meditation. Write.

That's how my relationship with God began. He met me where I was. An angry, prideful, arrogant, mess of a woman who was afraid to get to know Who God was. Why? I thought I would be rejected. I believed the lies of the Enemy. All the mistakes I made and all the sin in my life, I couldn't fathom God wanting me, loving me, or forgiving me. Until one day I had enough. I was tired of repeating the same behavior and not moving forward. Depression hit like a tidal wave, and breathing became difficult. At that moment, I felt God's Holy Spirit give my grieving heart such incredible peace. A revival happened, the beginning of a real transformation.

Pray. Meditate. Write.

I am faulty but useful. I am weak, but God is strong. I am here to exclaim that I know the healing power of Christ Almighty. I trust His plans for my life and serve at His will. I hope you continue to travel the path as God lights the way. Bow humbly before Him and ask for His help...even if you don't think you need it.

Pray, Reflect, Ask, Yield

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Lord help me to be vulnerable and answer these questions honestly. Guide my thoughts so I can reflect on my behavior. Reveal my errors as I yield to Your Holy guidance. Lord I seek You for understanding and clarity. Amen.

Yes or No

Y

N

I often worry over things and don't write them down or take them to God in prayer.

I want to solve the problems quickly and rarely pause to pray.

I only attend religious or spiritual gatherings on holidays or when a catastrophe happens.

I don't have time to read and meditate on God's Word because I'm too busy.

Routines are annoying, and I need to do something different every day to stay engaged and feel alive.

I'm not sure how to apply the Bible to my life.

I often feel like I don't belong and struggle with my emotions.

When it comes to my faith, I wait to see what happens.

How do I feel about my responses?....

I ANSWERED YES...NOW WHAT?

Prayer is to address God with adoration, confession, supplication, or thanksgiving. We can also intercede for others. Answering yes to any of the above questions was a confession. Congratulations! You chose to be honest, and now you are positioned to come humbly before God and ask for His help. God gave us a magnificent instruction manual. His Holy Word provides us with a how-to guide to get us started. While we read, we can ask for wisdom. Wisdom is knowledge and insight; it is a place we journey to in our minds, so our thoughts become our behaviors. Listed below on the next page are scriptures to help you continue with the next steps, seeking wisdom and transformation. ~Torie Slaughter

Psalm 23

The Lord is my shepherd; I shall not want.² He maketh me to lie down in green pastures: he leadeth me beside the still waters.³ He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.⁴ Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.⁵ Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.⁶ Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.

Scriptures for Guidance

I Worry: Worry is mental distress or agitation resulting from concern. It is to feel or experience nervousness. **1 Peter 5:7** "casting all your anxieties on him, because he cares for you." **Psalm 55:22** "Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved."

To cast means to drive out or throw forcefully in a specific direction. Casting our worries involves action and trust. We must identify what we are worried about and trust that God can handle them.

I Doubt: Doubt is the uncertainty of belief or opinion; lack of confidence; distrust. **Matthew 14:31** "Jesus immediately reached out his hand and took hold of him, saying to him, "O you of little faith, why did you doubt?"

Jesus asks the question, and we are to provide an answer. As you pray about distrust, skepticism and uncertainty allow God to reveal the truth. Was it Him you could not trust or yourself?

I'm Selfish: Selfishness is the act of being concerned only with oneself, seeking or concentrating on one's own pleasure, advantage, or well-being. James 3:15-16 "This is not the wisdom that comes down from above, but is earthly, unspiritual, demonic. 16 For where jealousy and selfish ambition exist, there will be disorder and every vile practice."

What is our responsibility when it comes to others? Ask God to expose areas of self-indulgence and self-reliance (includes busyness and lack of structure) as you pray.

I'm Negligent: To neglect is to fail to take care of properly, to be irresponsible, to ignore, or overlook. **Luke 11:42** "But woe to you, Pharisees! For you, tithe mint and rue and every herb, and neglect justice and the love of God. These you ought to have done, without neglecting the others."

Lacking the wisdom to apply the one command Christ left for us is our negligence. We learn to love more than ourselves when we are conscious of our behavior. Christ Jesus calls out those who practice humanitarian efforts but ignore grace, love, and mercy. Relationships and a sense of belonging will come from knowing love and understanding the truth of who we are in the body of Christ.