

Missionary Evangelism to Corrections

Sharing the gospel & Christ's love

with those in corrections since 1982

Problem Thinking & the Lord's Healing: Anger

November 30st 2015 Newsletter

MEC Spotlight

The First Thanksgiving 1621 by Jean Leon Jerome Ferris (1899)



In this series Problem Thinking and God's Healing, today we discuss anger. There are hardly two more opposed concepts, so it is ironic that this is our topic when this is the month of Thanksgiving.

Anger is sometimes so common that we do not think of it as a problem. Bible Studies often stress Ephesians 4:26 be angry and sin not as a way to help us acknowledge it. Many times it is said that forgiveness is not for the other person, but for oneself. This may be so, but we are also told to not let anger control us, that it gives the devil a foothold, to get rid of it and put it away. (Eph. 4, Col 3). It certainly affects both the angry person and any person who it is directed at.

Looking over more verses about anger, some ideas stand out. Anger can, but should not be nursed; can tempt us to say things that are harmful; involves other emotions; it is related to un-forgiveness and wickedness causes God to be angry. Redemption frees us from His anger and ours. Worship, confes- Anger Cont. Pg. 2

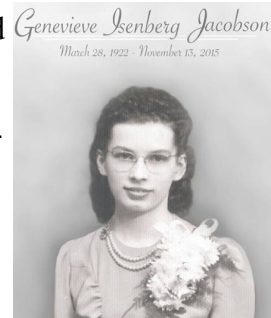


Thank You

Genevieve was our eldest volunteer for MEC. At 93 years old. She loved going with her son Dale Jacobson, to minister to the youth at the East Central

Regional Juvenile Center every month for the last three years. The correctional officers and youth have expressed that they will miss her coming. She lived a life of patient endurance and love for Christ.

Some of her favorite things were music-she played the piano, organ and sang at church-she enjoyed baking, cooking, needle work, and scrap-booking. With her love and zeal for Christ, Genevieve seeded a church in 1962 and continued to live her life in active devotion to God's call. She and her husband Cornelius owned the Delano bakery for 30 years. With their family they baked two millions loaves of bread and thousands of wedding cakes, and was known for her beautiful decorative roses. She always expressed a desire to help with work and anyone in need. Although she will be missed, we rejoice in the amazing life that God gave her and in her new life in heaven.



*Genevieve Isenberg Jacobson
March 28, 1922 - November 15, 2015*

November Highlights

Problem Thinking and God's Healing: Anger	Pg 1
Spotlight on: Genevieve Jacobson	Pg 1
Christmas Cards for Inmates: Can you Help	Pg. 2
Ministry Friends Christ Satisfies Ministries.....	Pg 3
Do you like to edit or give feedback?	Pg 4

sion, prayer and thanksgiving can play important roles in this freedom..

When anger is nursed, it subjects that person to judgement. (Matt. 5) Anger seems to drive us from something and to something. Noting what we are being driven from or driven to can make us aware of the consequences or negative effect it has. Doing so and trying to understand the other person can give a better perspective that helps us choose better interactions.

When we are angry, it is really important to watch our words. We are responsible for and need to not let anger cause us to speak negatively about others. Calling someone good for nothing is bad, but calling them a fool puts us in danger of God's judgement. The translation of fool in this context comes from the Hebrew word moros and includes concepts of dull, brainless, stupid, dull, without edge, lacking a grip on reality, mentally inert, and, not all there. (Strong's concordance, Helps word studies) Anyone who has been called these can attest to the pain and psychological damage it brings to those who believe it. (Matt. 5, Eph. 4 & 6) Angry words may cause the other person to act the way you want them to but it does not bring the closeness God intends or that we need. James 1:19-20 says "My dearly loved brothers, understand this: Everyone must be quick to hear, slow to speak, and slow to anger, for man's anger does not accomplish God's righteousness."

The things Christ was angry at were lack of pity, stubborn, stony or hard hearts, lack of repentance, unforgiveness, and people not accepting his invitation. (Matthew 18:33, Mark 3:5, Luke 14:21)

Anger, cont. pg 3

Picture The First Thanksgiving at Plymouth, Jennie Augusta Brownscombe, 1914, Pilgrim



“What do workers gain from their toil? ¹ I have seen the burden God has laid on the human race. He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end . . . I know that everything God does will endure forever; nothing can be added to it and nothing taken from it. God does it so that people will fear him.”

Ecclesiastes 3:9-11, 14

Can you Help with a Christmas Card ?

We are looking for hand written Christmas cards which can be given to inmates at Christmas time.

Each card should include some part of your story, a scripture verse and a personal note of encouragement. Sign your first name and if you wish your last initial. They should be enclosed in a non-sealed blank envelope. We are not looking for generic notes but something that would be encouraging if you were to receive it at a time of need.

Please send these to MEC, PO Box 542, Wyoming MN 55092 by December 10, 2015.

We are warned that living self-seeking lives, living wickedly, disobeying the truth, having out bursts of anger and provoking children to anger can cause separation and God's wrath. (Gal. 5 Eph. 5 & 6, Col 3)

In his teaching on Emotions that Destroy, Chip Ingram makes the point that anger is what covers many other emotion's such as shame, unmet expectations, exhaustion or insecurity [and several others]. This can be noted when looking at several translations. Christ's anger and sorrow were described as He made noise or groaned in his spirit and was, deeply moved in his spirit, deeply troubled, troubled within himself, chafed, sighed & was disturbed, terribly upset, touched, and was distressed, angry in his spirit, deep anger welled up in him, sad in his heart, visibly distressed, enraged in the spirit and stirred himself,



within himself, perturbed, greatly disturbed in spirit and grieved. Neshamah – breath, blast that breathes inspiration, soul, and spirit.

These words reflect what He identifies with. His redemption gives us new identities and new things to identify with.

Just telling someone they should not be angry is not enough and may make them angrier. So what is the antidote? Recognizing Christ's redemption and work in us is key.

Keeping in mind our relationship with Him and how our relationship with others affects Him is critical. Worship, prayer, directing our desires, confession and thanksgiving all play a part.

Talk to Him about your anger and what you are angry about. Remember how He has changed your identity with His love, and let Him replace the anger with kindness. Ephesians 4 speaks about our uniqueness and our unity, calling, and having soft hearts. Putting away the old, including falsehood, and speaking truth are addressed. Verse 30 (CV) says "and do not grieve or bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption." In verse 31 we are then instructed to "Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior". And in 32 to "Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you."

1 Thess. 5:8-10 (NLT) also reflects this. "But let us who live in the light be clearheaded, protected by the armor of faith and love, and wearing as our helmet the confidence of our salvation. For God chose to save us through our Lord Jesus Christ, not to pour out his anger on us." "Christ died for us so that, whether we are dead or alive when he returns, we can live with him forever."

Worshiping can take our focus from anger to Him. This

Ministry Friends

We know that we are not alone in Ministry.
This month's shout-out is to

Christ Satisfies Ministries

Beginning in Minneapolis now also in Florida, CSM biblically equips people to know, love, enjoy, & glorify God; and By His grace bring others to do so. Using 9 tools CSM shares Christ and ministers to gangs, dealers & troubled youth, prostitutes & pimps, homeless and inner city poor.

www.christsatisfies.org

changes our hearts. "...praying with hands lifted up to God, free from anger and controversy" (I Tim. 2:8), Trusting (Hebrews 11) and allowing God to accomplish what we want our anger to accomplish (James 1). In NLT this is worded "Human anger does not produce the righteousness God desires." Directing anger at someone may change or control their behavior but will not produce the attitude or closeness we are looking for.



Hunger and thirst for righteousness and justice and you will be satisfied. (Matt. 5 NLT) How good it is to let that take the place of anger.

Confessing our sin brings forgiveness. Sometimes confession to God alone is enough. If that brings us calm when contemplating the subject that made us angry, that is good and may be enough. But there are times that we need to confess and pray with others. James 5 tells us that when we are sick we are to call the elders for prayer and that with confession and effective prayer healing will come. Discussing the situation may help us untangle emotions and unmet needs showing themselves in anger. Finding God's comfort and Godly ways to meet those needs will bring relief and blessing.

Sometimes anger needs to be resolved and thanksgiving replaces it naturally. Sometimes thanksgiving in itself can turn us away from anger. Once when Saul was angry about something he had the task of preparing a message on thanksgiving. In the process of preparing and concentrating on thanksgiving his anger was gone. I had the same experience when I was angry about something and had to prepare for Alanon's gratitude night.

The verses about anger in Revelation talk of God's wrath against evil. It is important that we know and avoid God's wrath. How thankful we can be that Christ paid this price. (Romans 5)

Karen Selby



We are looking for feedback on this series, Problem Thinking and the Lord's Healing. Typo errors, if something is confusing and especially if something written impacts you. Lord Willing, when completed it will be reproduced and given out to inmates. Please let us know your feedback.

To remove your name from our mailing list, please email us at mec@usfamily.net with REMOVE in the subject line, call 651-408-1300 or write PO 542, Wyoming MN 55092.

Please visit our website to see how you can support MEC. Donate through PayPal or help by doing some of your shopping through links on the website without spending any extra. Visit — www.mecjailministry.com
Saul Selby Director, Karen Assistant Dir. Sandy Hanson Office Admin.