

# Anger

## March 10, 2005

EPHESIANS 4:26

"IN YOUR ANGER DO NOT SIN": DO NOT LET THE SUN GO DOWN WHILE YOU ARE STILL ANGRY

JAMES 1:20

FOR MAN'S ANGER DOES NOT BRING ABOUT THE RIGHTEOUS LIFE THAT GOD DESIRES.

I WISH THROUGHOUT MY LIFE THAT I COULD HONESTLY SAY I HAD UPHeld THE WORDS OF THESE TWO SCRIPTURES, BUT UNFORTUNATELY I CAN NOT. ALTHOUGH, I CAN SAY THAT OVERTIME MY ABILITY TO HANDLE AND CONTROL ANGER HAS BECOME MUCH BETTER WITH THE HELP OF GOD.

I DON'T THINK ANYBODY CAN LOOK AT THEMSELVES IN A MIRROR AND SAY THEY HAVE NEVER SINNED FROM THEIR ANGER. I WOULD BET WE ALL HAVE AT SOME POINT IN OUR LIVES, AND MOST OF US HAVE PROBABLY EVEN TAKEN THAT ANGER TO BED WITH US AND WOKE UP STILL ANGRY THE NEXT MORNING. I KNOW IN MY ELEVEN YEAR HEAD COACHING CAREER I GOT SO ANGRY AT TIMES I TOOK IT OUT ON UMPIRES AND OCCASIONALLY MY PLAYERS. ESPECIALLY, WHEN I FIRST BECAME A HEAD COACH. DURING THOSE YEARS I GAINED THE REPUTATION OF BEING A HOT HEAD WHO ARGUED EVERY CALL. WHAT I REALLY REGRET ABOUT THOSE TIMES WAS THE WAY I DISPLAYED MY CONDUCT.

I REMEMBER ON ONE OCCASION MY FIRST YEAR AT ECU AS A HEAD COACH, WE WERE PLAYING CAMPBELL AT THEIR FIELD, WHEN THE UMPIRE, RON SEBASTIAN, MADE WHAT I THOUGHT WAS A BAD CALL. WELL, TO MAKE THE STORY SHORT, I WENT BISSERK AND GOT THROWN OUT OF THE GAME. IT WAS A CLOSE GAME THAT WE EVENTUALLY LOST AND I FELT I HAD LET TEAM DOWN, BUT EVEN WORSE I HAD LET MYSELF DOWN.

WHEN I LOOK BACK ON THAT NIGHT, GOD TAUGHT ME A VALUABLE LESSON THAT HAS FOREVER CHANGED MY LIFE. I FINALLY HAD MY EYES AND HEART OPENED TO THE FACT, THAT I WAS NOT ONLY LETTING MY BEHAVIOR PUT A MARK ON ME, BUT I WASN'T SETTING A VERY GOOD CHRISTIAN EXAMPLE FOR MY PLAYERS OR ANYONE ELSE WHO WAS IN ATTENDANCE AT THAT GAME.

I REMEMBERING RIDING BACK ON THE BUS THAT NIGHT FILLED WITH REGRET AND EMBARRASMENT OVER WHAT HAD TAKEN PLACE. I BEGAN TO SEEK GOD AFTER THIS INCIDENT AND PRAY FOR FORGIVENESS AND MORE OF A PEACEFUL SPIRIT. I CAN ACTUALLY SAY FROM THAT POINT ON I HANDLED MYSELF IN A DIFFERENT MANNER WITH UMPIRES. I WON'T LIE AND SAY I NEVER ARGUED WITH UMPIRES AGAIN, BUT I WILL SAY I DIDN'T TAKE MY ANGER OUT ON THEM.

YOU KNOW FOR LONGEST TIME I CARRIED THE GUILT OF THAT PARTICULAR NIGHT WITH ME, UNTIL I SAW THE UMPIRE, RON SEBASTIAN, AT FALL LEAGUE GAME IN RALEIGH. I REMEMBER THAT DAY LIKE IT WAS YESTERDAY. HE WAS STANDING BEHIND THE BACKSTOP TAKING IN THE GAME, WHEN I WALKED UP TO HIM AND APOLOGIZED. I TOLD HIM THE INCEDENT HAD BEEN ON MY MIND A LONG TIME AND THAT I REALLY FELT BAD OVER THE WAY I CONDUCTED MYSELF. HE PULLED ME OFF TO THE SIDE AND TALKED TO ME A LONG WHILE AND TO THIS DAY I BELIEVE THAT MOMENT CHANGED ME AS A COACH AND MORE IMPORTANTLY STRENGTHENED MY WALK WITH CHRIST. HE MENTORED TO ME AND JUST SAID SOMETHINGS THAT REALLY HIT HOME TO ME THAT DAY, WHICH LIFTED A TREMENDOUS GUILT OFF MY SHOULDERS. I REALIZED THAT MY ANGER NOT ONLY HURT HIM BUT WAS EATING ME UP INSIDE AND OUT.

I TRULY HAVE A BETTER UNDERSTANDING WHAT GOD IS TRYING TO TELL US IN THESE TWO SCRIPTURES AND HOPEFULLY YOU WILL AS WELL. FIRST, YOU CAN'T AVOID ANGER SOMETIMES, BUT WHAT YOU CAN DO IS LEARN HOW TO HANDLE AND CONTROL IT. IF WE DON'T, EVENTUALLY IT WILL LEAD TO SIN AND BRING US TO DO THINGS WE NORMALLY WOULD NOT, WHICH GOD TRULY WANTS US TO AVOID.

SECOND, ITS IMPORTANT TO RECOGNIZE YOUR ANGER AND SEEK GOD FOR FORGIVENESS, BEFORE THE ANGER BUILDS TO A BOILING POINT OF DESTRUCTION.

FOR ME PERSONALLY, I KNOW WHEN I FEEL GUILT AND REMORSE, THAT'S GOD TALKING TO ME AND IT'S TIME TO LET GO AND APOLOGIZE TO WHOEVER OR WHAT IT IS YOUR ANGRY AT.

JUST THINK, IF THE WORLD APPLIED THESE TWO SCRIPTURES TO EVERYDAY LIFE, WHAT A MORE PEACEFUL AND SAFER WORLD WE WOULD LIVE IN. SO, BEFORE THE SUN GOES DOWN LET GO OF YOUR ANGER AND WHEN SUN COMES ASK GOD FOR A PEACEFUL SPIRIT.

I AM AFRAID ANGER IS ONE OF THE BIGGEST ROAD BARRIERS WE DEAL WITH DAILY IN HAVING A MORE INTIMATE AND OPEN RELATIONSHIP WITH OUR LORD AND SAVIOR, JESUS CHRIST. GOD CAN NOT USE AN ANGRY SPIRIT TO SHOW OTHERS HIS LOVE! LORD KNOWS, IT TOOK MY STUBBORN PERSONALITY AWHILE TO FIGURE THIS OUT.

GOD BLESS,

KEITH LECLAIR