

Dealing With Feelings

Have you ever heard someone say, "I know I get angry, but that's the way I am. My parents had the same problem. This must be a generational thing." If a Christian were to commit fornication, they would probably do everything they could to rid themselves of the sin and would ask for God's forgiveness and help immediately. Why would a Christian not deal with anger in the same way?

Colossians 3:8 says "*But now ye also, put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth.*"

This verse tells us we are to put off anger. In Colossians 3:5 we are told to put off fornication. Anger is just as much a sin as fornication. Why do we live with and excuse our tempers? God wants to sanctify our feelings and emotions as much as our actions. God would not tell us to "*put off*" these sins if we did not have the ability. God has given us His Word and His Holy Spirit to empower us to walk free from sins of actions, thoughts and emotions. God still wants to sanctify us "wholly", spirit, *soul* and body.

"*Put off*" is a word in the Greek which means to remove like clothing. Verse ten goes on to tell us to "*put on*" the new man. This too is a term meaning to dress yourself. How much effort does it take to remove old clothing and put on new? God did not tell us to do something which is extremely difficult or impossible. Can you imagine someone telling you they "just cannot" take off a dirty pair of pants? "I just can't do it! This is bigger than I am!" It is not difficult to remove your clothes. Sanctification is not that complicated. "But you do not understand how much of a temper I have!" *Put it off!* "I would like to have a gentle spirit." *Put it on!* You're probably thinking, "that's easy for him to say!" I am not saying it, God is! God not only commands you to do it, but gives you the power to do it. Put your trust in God's Word and act on it. Tell your controlling emotions, "I am putting you off and putting on the mind of Christ. I have power, love and a sound mind."

Bob Yandian

© 2001 by Bob Yandian Ministries. Reproduction of written text in whole or part without written permission is prohibited. All Rights Reserved