



Hope of Spring



Anger - Where Do I Put It?

Be angry and sin not. Ephesians 4:26

Anger is normal, healthy (well, can be healthy), and inevitable. Mine was a confused and convoluted anger. Confused because I grew up in a “good” Christian home where anger was seldom demonstrated or tolerated. Convoluted because Josiah was a “victim” of suicide, and how can one get mad at the victim? One can be angry with an evil perpetrator, but not the victim.

One day my suppressed anger raised its ugly head with full force. Two of the siblings were acting out with unhealthy lifestyle choices. I was driving around totally lost and confused. This had now become my DMO – daily method of operation.

Pulling over I started to sob. Pounding the steering wheel, I screamed, “I hate you Josiah! You shot us all and left us all bleed-ing! Why? You had it better than 99.9% of the children in the world! I hate you, I hate you, I hate you!”

Of course, I didn’t hate him. I loved him deeply, and thus the deep anger over his absence.

I was surprised how much better I felt after my explosive tan-trum. The tears felt more cleansing than angry. I realized my an-ger needed to get out where I could look at it, feel it, and eventu-ally deal with it.

Though anger can be displaced on so many other people and ob-jects, ultimately our anger is at God. He is the only One who could have prevented our child’s death, and chose not to prevent it.

Some moms remain estranged from and angry with God their entire life, but He is the only One who can help us, and He IS choosing to do just that, if we seek Him.



Jonah 4:1-3. Jonah is displeased and suicidal. God asks him (and us), “Do you have a good reason to be angry?” Jonah doesn’t an-swer God. God again asks Jonah the same question in verse 9. This time Jonah answers with essentially, “you’re darn right I’m angry!” He then states his case for his anger, and how he judges the situation as unfair. It is at that point, not before, that God ministers to Jonah.

Will you allow yourself to be honest with God about your anger?

State your case to God. Put it in writing. Allow God to minister to you.

Meditate on these verses and write down your thoughts:

Psalm 51:6; Ecclesiastes 3:4.

