

Y.R.P. - The Need for Practical Wisdom

*"A fool gives full vent to his anger, but a wise person holds it in check." -
Proverbs 29:11*

The workplace can be a pressure-packed place. The demands that are often put on us can bring out things that we never knew were there. Sometimes, we begin to think that the source of that pressure is to blame for our response to the pressure. It could be an event, a spouse, a boss, a client, a child, or even a driver who cuts us off in traffic. I can recall a time when I responded to a close friend saying, *"If you had not done that, I would never have responded that way."* Later, however, I learned that this type of response has little truth to it. We all choose to get angry, and no one else is to blame for our anger.

A wise man once said, *"The circumstances of life, the events of life, and the people around me in life, do not make me the way I am, but reveal the way I am."* This simple quote has had a profound impact on how I view my anger now. Anger only reveals what is already inside of me. I can't blame anyone, but me, for my response to a situation. I have learned that anger is only the symptom of something else that is going on inside of me.

It has been said that anger is like the warning panel on the dashboard of your car. It is the light that tells us something is going on under the hood, and we need to find out what is the source of the problem. I've discovered that the source of anger for most of us is often unmet expectations or infringed upon personal rights. We believe we are entitled to a particular outcome to a situation. When this doesn't happen, it triggers something in us. At the core of this is fear, often a fear of failure or rejection, fear of what others think, fear of the unknown.

If you struggle with anger, you'd be wise to ask God to reveal the source of that anger. Ask Him to heal you of any fears that may be the root of your anger. Ask God to help you take responsibility for your response to difficult situations.

P2R (Point 2 Remember): *"Anger is what gets us into trouble, pride is what keeps us there." - Mark Twain*