

the  
black girl's  
guide to living on purpose

brie daniels

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# Chapter 9

## Thoughts that Give Life: Winning the Battle Over Anger, the Inability to Forgive, Worry and Thoughts of Suicide

In the Bible, we see numerous occasions when Jesus Christ did not shy away from showing his emotion. He had periods of anger (Mark 3:1-6, Mark 11:5). He had periods of sadness like when his friend Lazarus died in John 11:35 and he experienced most other conceivable emotions. What set him apart though is that we don't see anywhere in scripture where Christ was unforgiving.

You can't find a place in the Bible that talks about him being crippled with worry and he doesn't cut his life short before fulfilling his calling. That's why Hebrews 4:15 (HCSB) boldly says, "For we do not have a high priest who is unable to sympathize with our weaknesses, but One who has been tested in every way as we are, yet

without sin." Let's observe these emotions separately and see how Christ would deal with them.

### **Anger**

As I sat on the passenger side of his car, screaming at him and beating my hands against the dashboard, a quiet voice said, *"You are causing damage to your relationship."* But my shouts were louder than the small voice in my head, so I continued my anger fit, oblivious to its long-term effects. I wanted to be heard and if that meant I needed to scream, then Geordan would just have to deal with it.

Years later, I have developed a better method of communicating. I try with all my might to seek to understand before I try to be understood. I have also learned through many years of being with Geordan that just because I raise my voice, does not mean he is more likely to hear me. Often the harsh tone I might be using offends him and that does not give God glory.

Another side of anger that does not give God glory is the kind of anger that is held within. Contrary to the kind of anger that's loud and belligerent, this breed of anger feeds off itself and feeds off thoughts of revenge.

No matter what qualification of anger you identify with, both can be silent killers. Like the serpent in the Garden of Eden (Genesis 3:1) anger in any form can be

cunning and its outbursts are hard to measure. It may start out with yelling at another driver or rolling our eyes when someone says something annoying. Then it escalates to verbal altercations with teachers and fellow classmates, some even using foul language. We tell ourselves we're not angry, we're just "passionate."

Well love, I have to tell you something: you and I and all of humanity have an anger problem that began those thousands of years ago in that same garden. Hope lies in the fact that anger in and of itself is not a sin. We see that Christ was angry many times in the Bible, like in John 2:15-17. Often it's how we choose to deal with our anger that causes issues.

Ephesians 4:26 (HCSB) says, "Be angry and do not sin. Do not let the sun go down on your anger." In order to follow that command, we must start trying to figure out the root of our anger so we can properly deal with it. I realized anger was often the way I showed Geordan I was hurt by his words or actions. It took a long time for me to be able to understand my behavior and find a better way to express my discontent, but when I finally did, our relationship was strengthened. I started taking responsibility for emotions and took much of the pressure off of him. Sometimes we allow our anger to keep brewing, but if we make up our minds that we are going

to let go of negative feelings, we create space to function appropriately and move on to more pleasant things.

“Man’s anger does not accomplish God’s righteousness,” James 1:20 (HCSB), so the moment we let go of our harsh emotions, we allow God to come in and heal us where we need it. What’s more, our godly reactions can be a witness to whoever we are holding a conversation with.

Sometimes I have to stop mid-sentence and pray while I am talking to someone because I have found it is nearly impossible to be mad at them while praying for them. I know this practice can help you too, and when properly implemented will help you avoid screaming at your boyfriend, your best friend or anyone else from the passenger side of a car. Instead, you’ll be able to conduct yourself in a loving fashion.

### **Forgiveness**

I am the oldest grandchild on both sides of my family and as I watch my younger sister, Brittany and all my cousins grow up, I find myself occasionally reflecting on how all of us used to be. Needless to say, we didn’t always display the most maturity. If one of us did something to the other, we would usually start fussing and our parents would make someone say that they were sorry.



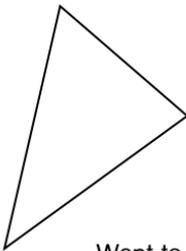
## Here's to purposeful living!

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**brie daniels**

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