

## Prayer For Deliverance

LORD, I see my pet peeve, my resentment, my anger, that wall that I let the enemy build in me. LORD, I choose to forgive those who have caused me great pain. LORD, I repent of all of my judgments that have bound me to these resentments. These pet peeves, I declare these strongholds in my mind a lie, and I plead the blood and the finished works of Calvary over my life. Now I can say, I waited patiently for The LORD and He heard my cry, He brought me up out of this pit of destruction, out of the miry clay He has torn down this wall so that I can love again. He has set my feet upon a rock, making my footsteps firm and He has put a new song in my heart; a song of praise to my God!  
**AMEN!**

CD'S are available on this subject.

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## IS ANGER HIDDEN



## WITHIN YOU?

**I was praying with a lady one day and I** put my hand on her head and she came all to pieces. With an angry response she said, "You don't touch my hair!" At the time, I had no idea, but it is a classic example of unresolved anger. In this lady's past; when she was a little girl she was sexually abused and her abuser would stroke her hair and this produced a tension point that was instantly activated when someone touched her hair. A "pet peeve" was developed in her life. The hurt and guilt of that experience lived on in her memory. Hurtful events in our past may be forgotten and we think that they have no effect upon us. **THIS IS NOT TRUE!** That "pet peeve" will be activated when

any similar situation occurs. Sometimes it is an odor or a loud voice or just walking up a set of stairs. As you read the following testimonies, examine your heart and actions and ask yourself, what causes me to be irritated and impatient with others or myself?

**"The first abuse I remember was age 5.** I have always had a handful of "photo" memories in my mind but one day, as an adult walking through a store, I had a flash back to the past. As I passed a man in the store, his body odor was very familiar and unnerving to me. I became agitated and depressed almost immediately. I have run across this odor a handful of times, before I began to walk through my abuse issues, and each time I would become agitated and depressed. I worked on these issues and chose to forgive! God has given me freedom from that painful memory and I am no longer chained to those old feelings and reactions. Today it's just the thought 'there's that odor' when I smell it, but it doesn't hold any power over me today. It simply is what it is."

**"In March 1995, I was 12 years old.** We had a house fire and my mother was trapped inside. Everyone was breaking windows trying to get her out. I remember all the screaming and yelling to get her out of there. She died in the fire. Later, as an adult, I was a Chef and Line Cook and when the grill would flame up, I would flash back to that painful experience with all the screaming and yelling. It got so bad; I even changed occupations. Now, The Lord has healed me!"

**"I was driving down the road and the** news on the radio was talking about something a liberal senator had said that I thought was treasonous, and I thought, "Somebody needs to shoot him." Immediately my spirit was checked and I said, "Lord where did that come from? That was murder!" At that moment God revealed to me a situation that happened over forty years ago, and I had said I was going to kill a man for messing with my toolbox. My father had rebuked me and said, "That is a little extreme over a toolbox, isn't it?" But, at that moment murder had come into my heart and I didn't even know it. That thought would be "triggered" when I saw something unjust. My Lord exposed it, I repented of my judgments and He set me free. Only by His blood may men get free!

**God wants to reveal/expose our hearts** so that we might deal with the roots HE exposes, to clean us up, so we may be pure and righteous before HIM. God wants to deliver us from our past hurts, wounds, and scars. If God reveals our hearts and we do nothing about it (don't deal with it) we are rejecting His grace. We have to get to the root of the problem, deal with the issue at hand, confess our faults to one another (BE TRANSPARENT) so that we may be healed. Doesn't James 5 say that? When the Holy Spirit reveals and/or exposes what's in our heart, it is for us to be OVERCOMERS.

**I recall a lady; her "pet peeve" was:** "you don't touch my food." As a little girl living in poverty, her father would take

food from her plate, for himself. As an adult she had an eating disorder and would wrap her arms around her plate, like she was protecting it for herself.

What is that “pet peeve” of yours? Can you recall a childhood situation that deeply hurt you?

## Now let’s look into our own hearts!

A person will manifest many evidences of sinful responses, but will refuse to admit that they come from unresolved anger. A person who has a spirit of anger will usually demonstrate one or more of the following characteristics. Do you have some of the following symptoms?

- Irritability: tension causes an angry person to become irritated easily
- Impatience: quick to judge the weaknesses and limitations of others
- Raised voice: the tone will communicate impatience and harshness in a loud voice
- Explosive actions: throwing things or slamming doors
- Not speaking: when offended as evidenced by silence, no eye contact or avoidance
- Contention: will challenge the opinions, ideals and instructions of authority, and likes to argue
- Hurtful words: will use harsh, unkind and rudeness with their actions with others

- Struggles with lust: anger is closely related to lust. The Greek word for anger is “orge”, where we get the word “orgy”; which is unrestrained passion
- Sarcasm
- Indifference: will be cold to the needs of others
- Driving Habits: will display road rage
- Will have a family of angry people
- Quickness to take up offense for others
- Inability to forgive or receive forgiveness
- Quick to bring up past offenses
- Hypocrisy: talking the talk, instead of walking the walk

### Do you have some of the above symptoms in your life?

#### *Are these symptoms sin?*

Let’s look at the Word of God and see what He says:

***Ephesians 4:26 “Be angry, and do not sin: do not let the sun go down on your wrath.”***

***Colossians 3:8 “But now you yourselves are to put off all theses; anger, wrath, malice, blasphemy, filthy language out of your mouth.”***

***Proverbs 19:11 “The discretion of a man makes him slow to anger, and his glory is to overlook a transgression.”***

### An Angry Person Will Confess:

1. It’s difficult for me to admit I am wrong.
2. I am quick to correct others when they make mistakes.
3. I am quick to give my opinion, before asked.
4. I am justified in my anger, as being “righteous anger”.
5. I hold my anger in and/or have thoughts of revenge.
6. I get angry when people violate my rights (especially if they get away with it).
7. I often catch myself saying, “That’s not right! That’s not fair!”
8. People tell me I am angry when I’m not aware of it.
9. I struggle with depression, lust, addictions that I cannot overcome.
10. I catch myself being controlling or domineering with my anger.
11. I am always lusting for approval or striving to please.
12. I am kind outwardly, yet frustrated inwardly.
13. Men have always used me; I will now use them!

No attitude is more Godly than to forgive or to overlook a wrong done to us either past, present or future. Does this not humble us? We would have to be humble to overlook or forgive a hurt, wouldn’t we? We would be humble or justified in our actions. To be justified (though maybe rightly so according to our flesh) we hold

onto the very thing we need to let go of. It is our choice, our free will, given to us by our Lord Jesus Christ. We do not strive to achieve, but we strive to be set free from whatever is keeping us from achieving God’s will.

***Testimony:*** While typing this brochure, God revealed the anger I had held onto all my life. I could identify with every point on the list of “An Angry Person Will”!

My father had been a very angry man and often raged. His anger was often directed at me. His choice of abuse was either screaming or the silent treatment; often not speaking to anyone in our home for days. I had forgiven my dad, however I had never repented of judging his anger. God showed me that I had done the exact same things; responded the exact same way to situations; said the exact same things he had said; and I saw it! When angry, I opened my mouth and my father came out! I had spent my entire life lusting for the approval I had not received from him. Quick to correct others, I didn’t take correction very well and was easily offended. Even the “symptom” of depression had ruled my life, as it had my father’s.

The Holy Spirit has convicted me of my sin of anger and I have repented of anger and lust. Thank God for the healing available through the Blood of Jesus Christ and for His mercy and grace that covered me all these years! I’m free!!! cb