

#272 The Angry Brain and Body Neglect

A Mind, Body, Spirit Teaching by Alisa Keeton

“...My mother's sons were angry with me; they made me keeper of the vineyards, but my own vineyard I have not kept!” Song of Solomon 1: 6

Anger:

- How we have been treated is often how we will then treat ourselves and others.
- The Gospel comes in and asks, “Can we have a new conversation about that?”
- We know we need a new conversation about it when our hearts are heavy.
- Anger is the bodyguard for fear and fear is the mask sadness wears.

What weights you down?

How we deal with Anger:

1. Shame and shut it down.
2. Pride rises up and holds onto it.
3. Learn to heal and hold our hurt long enough to learn how God feels and holds hurt. ***This creative 3rd way is the way of healing.**

So what do we do?

- God hands us the keys and says, “**Come to me** to learn how to drive this thing.”
- Breathe.
- Reason (De-escalate the flesh).

Helpful Resource: [Healing the Angry Brain: How Understanding the Way Your Brain Works Can Help You Control Anger and Aggression](#) by Ronald Potter-Efron.

Have Focused Attention:

- Pay attention to your life (know when you’ve “wrecked the car”).
- Stay awake. Stay sober. This is living courageously (Joshua 1:7).
- Do not numb out.
- Sit with yourself in stillness. **Feel what you feel. Know what you know.**



- Write it down.
- Ask the Holy Spirit: “What am I thinking and feeling?”
- Be mindful and dedicated.

Repetition:

- Replace negative thoughts.
- Flip the switch with Truth.
- Quote His promises.
- Slow down.
- Think Kingdom thoughts.

We can GET WELL. That’s the Spirit of the Living God- freedom to be set free from whatever it was, not to deny it, but to be healed.

Isaiah 61

The Lord can heal because He is our Creator, our Husband, our Everlasting Father, Wonderful Counselor, Prince of Peace.

You are never stuck.