

Chapter 1: Meet Me Before Now

Getting violently angry has always been part of me. When I get angry, I say unworthy things with my mouth. When I get angry, I think violent thoughts. Sometimes, when I get angry, I used my hands to destroy things. This has always been part of me and I knew it but did nothing about it. I felt it was my own unique and normal way to react to issues or handle issues. I never knew violent anger was abnormal, destructive and ungodly!

I also never knew it was a problem that requires a solution. If I did not recognize it as a problem, then how could I have understood it needed to be solved? Probably, you are just in the same position that I was then. You never knew violent anger or sinful anger is a problem that needed a solution. You have enjoyed getting violently angry, In fact, you even celebrate the many times your violent anger had 'helped' you to get over some issues. I was like this; I silently and sometimes publicly celebrated my angry reactions to issues. I took it as just the only way the unique me can react to issues. Every other person may have other ways of reacting to issues but I loved my own angry way of reacting to issues.

I was just enjoying myself in the nest of anger!

I have just shown you in a graphic form who I was and how violent anger was a part of and parcel of me. You will be reading more descriptions like this in the remaining part of this book.

Before I go to the next chapter of this book, I want you to make the following confessions to yourself severally. Your confession and affirmations will go a long way to 'remake' or recondition your mental state. It will prepare you for the various solution nuggets in this course.

Are you ready to make these simple confessions? Now get ready and let's go:

- i. Getting violently angry is abnormal and ungodly. I detest it.
- ii. Getting violently angry is a problem and it requires a solution which I am getting with this book.
- iii. I stop celebrating violent anger and 'small' anger.
- iv. I am ready to overcome this problem.
- v. I believe God will use this book and the many bible passages that will be quoted in it to help me to overcome this problem.
- vi. I make all these confessions in Jesus name.

Thank you. God will prosper your efforts and readiness to overcome violent anger in Jesus name.

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Getting violently angry has always been part of me and I was really not doing anything about it until I got married. My angry reactions to issues sometimes become extremely violent and after displaying the act for a few minutes, I usually began to wonder what got over me and most times I don't always feel good about myself. When I noticed how destructive this act can become, I wanted a solution which I got following a simple guide which I have shown in this do-it-yourself short Christian guide.

I learnt to tame these sinful angry reactions to issues and I believe you too can learn to do this. Violent or sinful anger can destroy what you have painstakingly built over the years and smashed them to the floor in few minutes. You need to read this guide. It contains short stories, simple diagrams and simple steps I dedicatedly began to carry out until I began to record regular victories over it. Obtain this Christian guide today. Visit

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