



“ANGER” A DEADLY ENEMY

Anger is the number one enemy of your life and relationship, and it is the major destroyer of love. Also it is a major cause of divorce and the single greatest thief of one’s love life.

Anger is a secondary emotion, which comes from fear, hurts, disappointment, frustration etc. When someone says something nasty to you for instance, first you are hurt by the words, in most cases by the time you replay the video tape in your heart over and over again, it forms anger.

Anger is a choice, you can choose to be angry or not to. Anger should never be welcome as a heart guest because it has the ability to destroy the carrier, and others. The amazing thing about anger is, you could be carrying it and the offender may not be aware of it. No angry husband can be a lovely husband at the same time. Anger is in circle, your boss can spray and fill your anger tank, you get home and fill that of your wife and she fills up that of the children, you will simply raise an angry generation.



A personality test was run in the 1960’s of a medical and law students, hostility was measured, twenty-five years later, the students were tracked down; by the age of fifty only four percent of the lawyers that were ranked as easy going and two percent of the doctors had died. Lawyers who ranked high on hostility had twenty percent mortality, and that of the doctors fourteen percent. Anger boosts heart rates, raises blood pressure and that leads to increase clogging of the arteries.

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EFFECTS OF ANGER

Anger Destroys the Health of the Carrier: Anger forms a chronic hostility and it is also linked to heart disease. Those who are more hostile are more susceptible to heart attack which is the leading cause of death in our days.

HOW TO VALUE A Woman

A woman is specially designed by God to play a helping role; she is to help to support and lead. Without a woman, reproduction is impossible. When you disvalue a woman, you have disregarded her Maker.

Women have been disvalued from generation to generation especially in our culture in Africa. This is the plan of the enemy not just to affect the women but to bring short the glory of her man, and to reduce the power of togetherness.

A lot goes wrong, when you start to disvalue your woman. That African tradition of mistreating women is not for your good; by mistreating your woman you

are only removing the glory God has placed on your life. The word says “...for the woman is the glory of a man...” and it further says that a man is the glory of God. That is why God places much value on us to the point of giving His only Son in order to get us back. This is the same way you should work so hard to value and respect your woman; because without her, your life is void of favor and glory.

“Your wife is a gift from God to you;”

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Discuss the Problem when Possible: One of the ways to easily let go of an offence is by discussing it, but when that is not possible write it on a paper in form of a letter; write down your pains and

Being Angry with another person is like you are drinking poison and expect another person to be sick; it is not possible. A lot of people who live in Lagos are angry people and that is why you have more death rates in Lagos than that of other cities or villages.

Anger Destroys Creativity: The mind that thought of 'aero plane' must have been a calm mind. You cannot be angry and eventful at the same time. That is why the Bible advises “*Be anxious for nothing...*” because God knows that anxiety will destroy your ability to be creative. Isaiah says “*I will give thee the treasures of darkness and the hidden riches of secrets places.*” This is because; it is secrets that make people. Before Bill Gate discovered the insight of Microsoft that made him a billion in our days, it was first a secret. Before Mike Zuckerberg got the insight of Facebook it was a secret laid up for the thinkers. 50 years back Microsoft and Facebook were still a secret and it takes a settled, anger free, and a thinking mind to discover such great secrets.

Anger Destroys Destiny: There was a man called Moses in the Bible history, he had a very cordial relationship with God to the point that they discussed as friends. He was the only man that had seen a part of God physically while still living. But anger ended up his destiny prematurely. He was given an instruction by God to tell the rock to bring forth water rather than smote the rock twice because of anger caused by the rebellious people of Israel, and that disobedience ended his destiny. People could want to

“You cannot be angry and eventful at the same time.”

push you out of your destiny, but you can choose to respond to it or not.

HOW TO BE FREE FROM ANGER

Understand Your Offender: This is one secret that had helped my life and still helping me. Anytime somebody offends me, I make excuses for the person.

While growing up I was expecting so much love and care from my siblings; I felt I was mistreated. I wanted to be shown so much care and love. But I was only expecting from them, what they never experience themselves. No one can give you what they do not have. They were not treated or raised that way and there was no way they could give me such treatment. The moment I understood my so-called offenders, it drained off my anger tank.

Forgive Your Offender: Forgive even if you cannot understand why the person treated you wrongly. The Word says “*Forbearing one another and forgiving one another, if any man has a quarrel against any; even as Christ forgave you, so also do.*” Forgiveness is not an option, but a commandment. It is a gift you give to someone they do not deserve. And forgiveness is a relief pill.

everything you feel. By the time you are through, it will look as though you have dropped your pains on paper. When it is possible send it to your offender. If you cannot, mere writing it down on papers is a relief therapy.

Look for a Pearl in the Offence: I read a story of a renowned Marriage Counsellor, Gary Smalley; who had a troublesome co-worker that led him to discover his gift. Personally, I am fulfilling my assignment today because of the last boss I worked with as a banker; he was so insulting that I started thinking and looking inward on how to use my gift to impact the world rather than sitting with a boss that thinks I am useless. As a result of his actions, I made a choice not to allow another person take the driver seat of my life. Today I have found a pearl in the offence, and I am thankful to him rather than being angry at him.

Anger can distance you from people, yourself and from God; unresolved anger can lower your self-esteem. Make a choice today to be free from anger; the Bible says be anxious for nothing because he knows anxiety will freeze your relationship, your health, your insight and everything around you.

Readers Comments

Good day Ma,

I read Volume 9 of your publication- Keys to Happy Living, today and I must tell you it really inspired me. May God continue to increase your knowledge and abilities. Thanks.

Funmilola.

Good day Judith, I want to say I really appreciate you for yielding to God's call. I have been blessed by your newsletter, thanks for the word in season.

God bless you. **Oluwatosin**

Dear pastor Judith,

I have been through and still nursing the wounds from a heart break. I use to hear what happened to me as stories from people's experience, not even people I knew directly, but never did I envisage that one day, I would go through the same experience I heard as stories or watched in movies. I am a victim of heartbreak!

I lay curses on the man who deceived me (my ex-boyfriend) and every other person who contributed to the collapse of my relationship everyday as I weep.

But after reading this piece (Keys to happy living) I became relieved as every word of advice contained in it sunk into my head.

I feel lighter now having made up my mind to forgive, accept things the way they are and move on with my life, hoping that one day, God will prove himself to me.

Once again, I thank you Pastor Judith for this wonderful write-up and pray that God will continue to use in transforming people's lives positively. **Chika Ibe**

HOW TO VALUE A Woman

Continued from the front page

Many men because of cultural background see women as inferior whether spoken or not, they feel

they are superior to women. But that is for people living under a cursed life. One of the ways you know you are living under the blessed life, is the way you see women.

God created man and woman equally and blessed them together at the same time. Before He created the woman, there was no place recorded in the Bible that He blessed Adam. It was when Eve came that blessing came. *"Be fruitful, multiply and replenish the earth, have dominion..."*. This also means that without a woman, your blessings are limited. He starts clearly *"Whosoever finds a woman finds a good thing and obtains favor from ME"*. There is no male or female spirit before God. They are equal before Him.

THE ORIGIN OF DEVALUATION OF WOMEN

Disvaluing of women and misunderstanding of the equality came as a result of the fall of man, and the consequence on the part of the woman, was as a result of the role she played in the fall. see (Genesis 2:16). But that ended the moment we were redeemed by the Son, Jesus. The original design of a man and woman relationship never intended rulership.

If you are still ruling over your wife or you believe you are superior to her, you are still under the curse; you are not living a blessed life. When you are above the curse then everything Christ came to redeem us from; you will happily embrace.

If Christ has redeemed us from the curse of the law then the woman is not an exception. Man and woman were initially created equal, sin came into them and the consequence to the woman was that her desire should be to her husband and he will rule over her. Now, Christ has taken us back to the original intention of God on relationship.

Satan is persistent to make men feel that the gift that God has given them is inferior and as long as they mistreat the gift of God, their blessing will be limited. The Bible says, *"The man is the head of the wife as Christ is the head of the church"*. Christ showing you example of leadership says in His word, *"...As he is in heaven, so we are on earth"*.

The Trinity (God the Father, the Son, and the Holy Spirit) do not all have the same functions. They play different roles but they are equal, no one is inferior to the other. So also is a man and woman.

Most men are yet to have a glimpse of how God intended to bless them. If a man does not honour the special gift God gave him, He will not bless him with much. The Word states it clearly *"If you do not honour your wife (woman), I God will not hear your prayers."* Until you learn to honour your

wife, you will not get the blessings marriage is supposed to deliver to you. People do not see the favour promised in marriage because they go into marriage with a wrong perception; this has disvalued the power of togetherness in marriage. Your wife is a gift from God to you; she has a different role to play in your life. Never abuse, disvalue or disrespect her. She is a special pearl designed to add a special fragrance to your life. If you learn to honour the women God has given you i.e. your wife, mother, daughters, and sisters, your heaven will be opened. No Women should allow herself to be disvalued by any man.

WAYS TO VALUE YOUR WOMAN

Love: You value a woman and her Creator when you show her love.

Respect: You value a woman when you respect her, her emotions and her gifts.



The Miracle of Good Relationship

(HOW TO KNOW A HEALTHY RELATIONSHIP)

Continued from Volume 9

4. It Should Strengthen Your Relationship With God:

Healthy relationship should bring you closer to God

who instituted relationship and not drag you farther from Him.

The Bible says, *"Iron sharpens iron..."* If you are in a healthy relationship it should strengthen you. Any relationship with a man, woman, business associate or whoever that makes you flee from God is satanic. You should not be found in a relationship that makes you ashamed to stand before God; such relationship will destroy you sooner or later, it always ends up in regret. You are better off without some people, do not compromise your morals for anybody; rather change the people around you. When someone constantly pushes you in the wrong direction you should have enough respect for yourself to walk away; It will hurt you for some time but you will be okay and far better off on the long run. A good relationship should give you the miracle to be more intimate with your father which is the beginning of blessings.

The Word says *"if you obey and serve me, you will live your days in prosperity and your years in pleasure"*. A good relationship should link you up to the miracle of all miracles. *"Thou shall serve the Lord your God and He will bless your bread and water"*. Any relationship that takes you from God is robbing you of your blessings and could end you up in premature death. Be watchful!

5. It Should Enhance Your Focus: A good relationship should make you more focused in life not distracted. It should enhance your creativity and boost your productivity. A good relationship is the one that is based on God's law and principles. I am focused today; doing what I was designed to do, because of the good relationship I enjoy with my husband and people around me.

It is very possible if I was in an unhealthy relationship

"Any relationship with a man or woman that makes you flee from God is satanic."

that this vision would have died inside of me; because no one

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The Miracle of Good Relationship

(HOW TO KNOW A HEALTHY RELATIONSHIP)



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can give what he or she does not have.

There are countless visions that died on the bed of bad or wrong relationships. If you must succeed, the people in your life and around you play a huge role. There was a singer in American Idol hosted by Samuel Cole; she had a great voice like that of Whitney Houston, in that competition she sang most of Whitney's songs. As at that time she was thirty-eight years. She would have long pursued her vision and be focused on what she knows how to do best but the man in her life told her to sit down that she does not have a good voice, and cannot succeed as a singer. Imagine a thirty-eight year old lady being among the ten best in the American Idol. So the people you allow to be around you can break or enhance your focus; you make the choice; after all nobody can come into your life without your permission.

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