

Freedom from Angry Judgments

Rom. 5:1-5 This process of sanctification should result not in angry judgments but in hope and pure faith motivated by love.

Mat 7:1 Judge not, that ye be not judged. Mat 7:2 For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again.

1 Cor. 4:3 "But with me it is a very small thing that I should be judged of you, or of man's judgment: yea, I judge not mine own self. 1 Cor. 4:4 For I know nothing by myself; yet am I not hereby justified: but he that judgeth me is the Lord. 1 Cor. 4:5 Therefore judge nothing before the time, until the Lord come,...."

Rom 5:4 "And patience, experience; and experience, hope: Rom 5:5 And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us."

1. How am I thinking and feeling right now?

The first step in resolving our judgmentalism is to identify it as anger problems!

The purpose of this step is to make the cause of your angry judgments more specific. (No one can manage judgments that are vague and covered up with euphemisms and excuses).

Below are some of the reactions causing feelings of angry judgments!

<input type="checkbox"/> Rebellious	<input type="checkbox"/> Worthless	<input type="checkbox"/> Hostile	<input type="checkbox"/> Depressed	<input type="checkbox"/> Hurting
<input type="checkbox"/> Mean/evil	<input type="checkbox"/> Revengeful	<input type="checkbox"/> Irritated	<input type="checkbox"/> Bitter	<input type="checkbox"/> Upset
<input type="checkbox"/> Displeased	<input type="checkbox"/> Blamed	<input type="checkbox"/> Victimized	<input type="checkbox"/> Confused	<input type="checkbox"/> Fearful
<input type="checkbox"/> Misunderstood	<input type="checkbox"/> Resentful	<input type="checkbox"/> Frustrated	<input type="checkbox"/> Lonely/rejected	<input type="checkbox"/> Cynical

2. What happened that made you decide to get judgmental?

If we can locate the specific incident(s) which triggered our anger, our anger becomes more definable. We, then, ask the Holy Spirit to reveal to us the complexity of our defensive reasoning and justification for our anger.

3. Who or What am I judging?

<input type="checkbox"/> My own self	<input type="checkbox"/> My spouse	<input type="checkbox"/> My children	<input type="checkbox"/> My work
<input type="checkbox"/> My boss	<input type="checkbox"/> My parent(s)	<input type="checkbox"/> My Church	<input type="checkbox"/> Wrong doctrines
<input type="checkbox"/> God	<input type="checkbox"/> All men	<input type="checkbox"/> Women	<input type="checkbox"/> Addicted people
<input type="checkbox"/> Race(s)	<input type="checkbox"/> The Human Race	<input type="checkbox"/> Political Leaders	<input type="checkbox"/> Miscellaneous

Judgments usually rooted in five (5) specific areas.

(1) Angry at others, retaliating, revenge, (2) Angry at ourselves,

(3) Generational anger, (4) Anger caused by injustice, (5) Anger caused by demonics

Now that you have established the "object" of your anger you can go to the fourth step in working through the anger process. You are ready to break-up your anger into its main components. If you can identify the specific parts of your anger, you will be in a better position to put your anger into the more logical and forgiving perspective of faith in Christ.

You can do this by asking yourself a series of essential questions.

4. How did the situation make you feel besides becoming angry?

(Example #1: I resent being forced to give into them all the time -controlled. It makes me feel powerless, frustrated, confused, indecisive, indifferent to values.)

(Example #2: His criticisms of me makes me feel unappreciated, rejected and worthless.)

Now that you have discerned your reasoning and feelings underlying your anger, you are now ready to put your judgments in a clearer perspective.

5. What angers me the most that I pass sever judgments?

You have established the fact that in the above situation it made you feel powerless and worthless because of control/ domination. You are now ready to take a closer look at these causes. What is it about being made to feel powerless and worthless that angers you the most? Some examples of what you might find upon deeper analysis is:

- "There is nothing that I can do about it."
- "I feel indecisive!"
- "I feel guilty and angry for allowing it to happen."
- "I feel inadequate and powerless to deal with this situation."

Having exposed your anger down to this level, you are ready now to penetrate your anger at its deepest level. You are ready to focus on the real issue underlying all of the prior layers and levels of your emotional distress.

6. How do we resolve this bondage of judgmentalism?

Psalms 139:23-24 Search me, O God, and know my heart: try me, and know my thoughts: 24 And see if [there be any] wicked way in me, and lead me in the way everlasting.

Psalms 55:16 As for me, I will call upon God; and the LORD shall save me. Psalms 55:22 Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.

Psalms 37:1 Fret not thyself because of evildoers, neither be thou envious against the workers of iniquity.

2 Cor. 10:4-6 (For the weapons of our warfare [are] not carnal, but mighty through God to the pulling down of strong holds;) 5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

6 And having in a readiness to revenge all disobedience, when your obedience is fulfilled.

This level of exposure of the deeper causes and roots by the Holy Spirit usually brings us down to bedrock upon which God's Church will be built. All fundamental issues which underlie all other triggers must be identified, confessed as sin and renounced. This must be done if we are to be strong in the Lord to overcome and be freed from anger and judgments-- and making our lives filled with righteousness, peace and joy in the Holy Spirit, (Rom. 14:17). The base mindsets (stronghold), 2 Cor 10: 4-5, found at this level often turn out to be, "I feel so worthless!" It is hard for us to respect someone who is stupid, helpless, inadequate and powerless! And when we have those feelings towards ourselves, increasingly diminishing respect for our own selves and for others. We lose our self respect and hold ourselves in disrespect.

The final step consists of replacing these feelings of worthlessness with the worthiness of Jesus Christ with His specific antidote of dying love. The only remedy for self contempt is the love of Jesus Christ, (Rom. 8:37- Nay, in all these things we are more than conquerors through him that loved us.