

Anger vs. Perfect Love

1 John 4:18 *"There is no fear in love. But perfect love drives out fear, because fear has to do with torment..."*

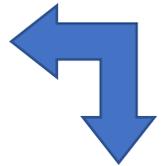
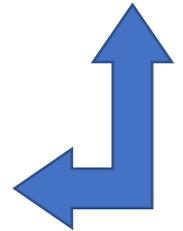
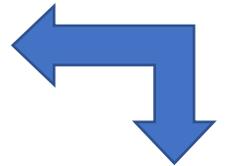
ANGER is often found at the deepest roots of our anxiety and depression, yet for most of us it would be the least likely emotion we would suspect to be the greatest cause of our distress.

Romans 8:28 says, "And we know that in all things God works for the good of those who love him, who have been called according to his purpose." **Lack of Faith and Unbelief** are often interconnected with our fears as we struggle to trust God with the 'losses' and old 'injuries' He has allowed into our lives. However, we must remember that He is always good, always faithful, and always has our best interest at heart, not allowing anything to touch our lives that has not first been sifted through His mighty, all-powerful loving hands with a purpose.

PERFECT LOVE and GRATITUDE drive out fear as quoted in 1 John 4:18 *"There is no fear in love. But perfect love drives out fear, because fear involves torment..."* Our fears can become so intense, "tormenting" us through relentless, unending thoughts day after day that we feel imprisoned, helpless, and hopeless. However, the way to freedom, is by way of **GRATITUDE**, being thankful for all that God has blessed us with, and learning to rest in His unconditional, **PERFECT LOVE** for us.

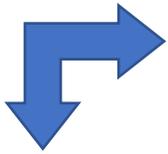
In most cases, some kind of **LOSS** is associated with the anger we experience deep within, such as the loss of a loved one, the loss of innocence through abuse, loss of a relationship, and the list goes on. It's helpful to make a list of the losses you believe you've experienced in your life and to process how you believe those have impacted your well-being and overall development.

Things we **FEAR** often arise from experiences in our lives connected to things we've deemed as 'losses.' We for instance, in the human condition don't care to experience the sting of the loss of a loved one a second time, or we will go to great lengths to protect ourselves and our loved ones from being the victims of any type of abuse yet again. Fear drives us to the point of exhaustion, and for that matter, almost to the point of insanity if we're not able to redirect all of that energy in a new direction and capture something so much more positive in our lives.



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List of Losses

List of Fears

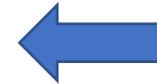
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Gratitude List