

# A WEARY WORLD: Week Two

## PRACTICING HONESTY

### Monday: Anger

This reading focused on the emotion of anger, but the principles can be applied throughout many facets of life. Anger is a completely normal feeling that everyone experiences but society often labels it as a negative reaction. GIYC has discussed that if something is "frowned upon" by society and could lead to judgement, people would rather cover up their feelings and manage it alone. That response is unhealthy for many reasons and could escalate into true problems. People will find strategies to cope with life's challenges, but if they don't know to productively, that may mean turning to alcohol, self-hurt, or other damaging behaviors. Another common mistake is to acknowledge the emotion but then attempt to minimize it by adding a "but,". "I am so mad that my hours were reduced at work BUT I have a lot to be grateful for." Instead acknowledge your emotions without a justification. Life isn't always perfect and there are moments when you need support and love, so accept it. Take a moment to pause and utilize healthy strategies to cope instead of insisting you don't have time to deal with it. The Bible states "be angry but do not sin". As a society we need to stop acting like it reads it is a sin to be angry.



### Today's Reflection

#### Question:

*What are  
you angry  
about right  
now?*