

Good And Angry

#3: What Should I do when I'm angry at God?

1. Be honest about your anger

a) Admit to yourself that you are angry with God

Proverbs 14:13 *Laughter can conceal a heavy heart; when the laughter ends, the grief remains.*

b) Tell God you are angry at Him

Psalms 22:1-2 *My God... Why have you forsaken me? Why do you remain so distant? Why do you ignore my cries for help? Every day I call to you, my God, but you do not answer. Every night you hear my voice, but I find no relief.*

2. Give yourself permission to grieve

1 Samuel 30:6 *David was now in great danger because all his men were very bitter about losing their sons and daughters, and they began to talk of stoning him.*

3. Hold on to faith

a) NEVER judge in the middle

Romans 8:28 That's why we can be so sure that every detail in our lives of love for God is worked into something good. (MSG)

b) Evaluate your expectations

John 16:33 *Here on earth you will have many trials and sorrows.*

Read Hebrews 12:7-11

Job 13:15 Though he slay me, yet will I trust in him (KJV)

c) Settle the issue of God's love for you

Psalms 13:5 *But I trust in your unfailing love.*

Stages of Grief

DENIAL --- What's the first thing you do? You try to start it again! And again. You may check to make sure the radio, heater, lights, etc. are off and then..., try again.

ANGER --- "%\$@^##& car!", "I should have junked you years ago." Did you slam your hand on the steering wheel? I have. "I should just leave you out in the rain and let you rust."

BARGAINING --- (realizing that you're going to be late for work)..., "Oh please car, if you will just start one more time I promise I'll buy you a brand new battery, get a tune up, new tires, belts and hoses, and keep you in perfect working condition.

DEPRESSION --- "Oh God, what am I going to do. I'm going to be late for work. I give up. My job is at risk and I don't really care any more. What's the use".

ACCEPTANCE --- "Ok. It's dead. Guess I had better call the Auto Club or find another way to work. Time to get on with my day; I'll deal with this later." She also claimed these steps do not necessarily come in order, nor are they all experienced by all patients, though she stated a person will always experience at least two.

- Any Change Of Circumstance can cause us to go through this process.
- We don't have to go through the stages in sequence. We can skip a stage or go through two or three simultaneously.
- We can go through them in different time phases. The dead battery could take maybe 5 to 10 minutes, the loss of a parking space 5 to 10 seconds. A traumatic event which involves the Criminal Justice System can take years.
- The intensity and duration of the reaction depends on how significant the loss is perceived.

T = To accept the reality of the loss

E = Experience the pain of the loss

A = Adjust to the new environment without the lost object

R = Reinvest in the new reality