

DAY 7 | ANGER — WHAT IT REVEALS ABOUT YOUR INNER WORLD

"Be ye angry, and sin not: let not the sun go down upon your wrath: Neither give place to the devil." — Ephesians 4:26–27 (KJV)

"Let every man be swift to hear, slow to speak, slow to wrath: For the wrath of man worketh not the righteousness of God." — James 1:19–20 (KJV)

Scripture does not forbid anger — it says, 'Be ye angry, and sin not' (Ephesians 4:26). This is one of the most nuanced emotional instructions in the Bible. God acknowledges that anger is a legitimate emotion. But He draws a clear line: anger, if not processed rightly, becomes a doorway for the devil. It reveals something; it must not become something.

Neuroscience shows that intense anger floods the body with cortisol and adrenaline, diverting blood flow and energy away from the prefrontal cortex — the seat of wisdom and self-governance. In those moments, your limbic system literally takes over. Dr. Daniel Amen describes this as the deep limbic system being 'heated up,' producing a state of negativity that clouds judgment and impairs empathy.

Dr. Bessel van der Kolk puts it plainly: 'Angry people live in angry bodies.' Chronic anger is not simply a mood — it is a physiological state, perpetuated by thought patterns that keep the body in a stress response. Over time, unprocessed anger is linked to increased risk of stroke, heart disease, and chronic illness.

What does your anger reveal? Usually one of three things: a boundary that has been violated, an unmet need that lives in your heart, or a wound from the past that has not yet been healed. Anger is not your enemy — it is a messenger. The sin is not in feeling it; the sin is in letting it lead.

WHAT THE EXPERTS SAY

"When the deep limbic system is less active, there is generally a positive, more hopeful state of mind. When it is heated up, or overactive, negativity can take over." — Dr. Daniel Amen, *Change Your Brain, Change Your Life*

"Being frightened means that you live in a body that is always on guard. Angry people live in angry bodies." — Dr. Bessel van der Kolk, *The Body Keeps the Score*



**38 DAYS TO DETOX
NEGATIVE EMOTIONS**

PRAYER POINTS

1. Father, I bring my anger before You honestly. I refuse to pretend it is not there, and I refuse to let it lead. I lay it at Your feet today.
2. Holy Spirit, show me what my anger is reporting. What wound, what unmet need, what violated boundary is it pointing to?
3. I repent of every time I have allowed anger to give the enemy a foothold in my life — in my words, my actions, and my relationships.
4. Lord, replace my anger with Your righteous discernment. Let me be slow to wrath and quick to hear Your Spirit, in Jesus Christ's name.

In the mighty name of Jesus Christ. Amen!

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— From the Desk of Chief Seer, Dr. Andre Thomas



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