

but the spiritual root is anger. Anger can definitely be passed down generationally [as can any other stronghold]. This anger stronghold is especially more applicable with people who have step parents and it is also very likely to be passed down from your biological parents [even if you were adopted]. So basically, if you are breathing, this stronghold could have been passed down to you.

If you'll be kind, Beloved, to get a sheet of paper and a pen to answer the following questions. Please put a check mark on your paper for each statement that applies to you.

- 1 I feel relatively happy and then I'm struck with a mood change.
- 2 I raise my voice loudly to communicate something that I'm emphatic about.
- 3 I've expressed impatience with others and oftentimes play this out in exasperation asking, *Why can't they get a clue?*
- 4 I often anticipate another person's predictable behavior and I become angry when I see that anticipation being fulfilled.
- 5 I become angry when others people can't read my mind.
- 6 I become angry when I'm not recognized for my contribution.
- 7 I become angry when I feel that I'm being disrespected or my words are not being taken seriously or when I feel like I'm not being heard. [This is real issue with the prophetic community, them feeling like they're not being heard. One of the surest ways the enemy comes at prophetic people is to make them feel like they are not being heard or respected.]
- 8 I know I'm angry because of the language inside of my head.
- 9 I know I'm angry when I don't want to hear what the other person has to say.
- 10 I get angry when others do not make me a priority.
- 11 I get angry when I do not have what I need.
- 12 I get angry when people don't do what I say.
- 13 I get angry when I can't control a given situation.
- 14 I get angry about suggestions that I've done something wrong.
- 15 I get angry when I feel added pressure on my job or with finances or pressure with personal responsibilities or even expectations others might have of me.
- 16 I easily become defensive about myself and about others.
- 17 I see the faults in others quickly.
- 18 I look for opportunities to bring up old, hurtful subjects. In other words, I keep beating that old dead horse.
- 19 I find myself speaking negatively or critically of others.
- 20 The phrase, *I don't deserve this*, goes through my head frequently.
- 21 I say I've forgiven, but I continue to reprocess the same subjects.
- 22 I get frustrated easily about the perceived faults and mistakes of others.
- 23 I become impatient easily.
- 24 I feel like my life is harder than everybody else's and it's probably because I've been given a raw deal.

Now Beloved reader, total you marks. If you have 1 - 6 checks for anger, you're in the low percentile range of the anger stronghold. If you have 7 - 12 checks for anger, you're in the average percentile range. If you have 13 - 18 checks for anger, you're getting up there. If you have 19 - 24 checks for anger, you and the anger stronghold are extremely well acquainted.

Did you know that most anger is masked, even in you? You don't even have any idea how much anger is in the person sitting next to you at work, at church, at home, in your family or at the gym.

Beloved, there are many things in this world I don't know, but one thing I do know is anger. Why do I write this and share it with you so authoritatively? Because anger owned me for a long, long time. As a

fact, as I've typed this article the Holy Spirit answered a question I've been wondering for a real time. Thank You Holy Spirit.
Now, back to my former anger stronghold. I can recognize anger in its prettiest forms in the most gracious Christians. I can recognize anger on planet Pluto. I know mannerable anger in Christians. I know, I'm ticked off anger and I don't care if you know. I know, I'm watching you, anger. I tell you, passive anger is so common it's like air, it's everywhere among Christians and non-Christians. I can recognize anger in the most agreeable, God-fearing people. I even know respectful anger, particularly from adult children to parents. I know indirect anger that's turned inward to harm oneself. And, I too am affiliated with the violent sides of anger from death threats cat fights murder corruption let me plan your demise. But, you know what, I probably know anger best in the workplace even amongst evangelical Christians. Lord have mercy.
Christians are very, very good at trying to justify their anger. For example, some parents show their anger in the form of being incredibly strict so strict that some have quoted scriptures to their children in the process of being overboard in their seething inward anger.
Beloved, would you simply ask God, Am I angry? He will answer you. If I can help you with other resources, my name on this Web community is, The Cross, A Place of Exchange.
VICTORY OVER ANGER AT THE CROSS
I very clearly remember the night the Holy Spirit removed the roots of this anger stronghold from me. It was such an unexpected experience. I sat on the edge of the bed and asked, Lord, why am I so angry at _____.
And He answered me just audibly thereafter. I had been searching and wondering for decades and He finally ended it in less than two minutes. You know how a bath tub has a drain. The Holy Spirit put two drains on me, one on the bottom of my right foot, the other drain on the bottom of my left foot. The Holy Spirit supernaturally drained every ounce of anger physically out of my body. It was the most Holy, quick experience I've had. I simply tilted over on the bed and had the best sleep that I've experienced in decades. And in my mind as I lay on the bed, I said to myself, "It [the anger] is finished." Beloved, do you know when I walked out of the door the next morning and interacted with people, people noticed the absence of anger in me immediately. Now -- they didn't know to call it anger, but the difference was immediate. Thank you Holy Spirit. I like this side of anger much better, now. Remember Beloved, our God [who was Jesus in the flesh] is not a respecter of people. He can and will remove your anger too.
RECOMMENDED BOOK IF YOU'RE INTERESTED IN GETTING RID OF ANY STRONGHOLD
Biblical Healing & Deliverance by Chester & Betsy Kylstra
You can order this book at the following link.
http://www.alibris.com/booksearch?qwork=8940465&matches=11&wquery=betsy+chester+kylstra&cm_sp=works
10pt;">http://www.alibris.com/booksearch?qwork=8940465&matches=11&...
A **FEW** CHARACTERISTICS OF CHRISTIANS WHO ARE WOUNDED AND NEED HEALING & DELIVERANCE
- self focused
- easily offended
- easily hurt
- wants control
- are fearful
- insecure
- easily threatened
- riddled with shame
- never can be transparent
- critical
- intolerant
- argumentative
- very religious
- feel alienated
- has no place of belonging
- hard time

receiving correction
A FEW CHARACTERISTICS OF CHRISTIANS WHO HAVE SOME DEGREE OF WHOLENESS & HEALING
- secure
- at peace
- transparent and open
- graced based
- forgiving
- tolerant
- encouraging
- easily bless others
- trusting
- positive
- able to love
- able to receive love
- submit to one another
- able to listen well
- able to receive correction without taking offense

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Sources for this article
Dr. Erwin Lutzer's series *Why Good People Do Bad Things*
Teaching at Belmont Church, Nashville, TN, Summer 2009 ♦ Sandy Powell
Restoring The Foundations International

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