

# *How to Replace Anger With Love*

BY DAVID JEREMIAH

When people think about communication, they usually think of the talking part. But that's only half. The other half is equally important: listening. Experts say teaching people to listen is difficult... Many people have noted that since God gave us two ears and one mouth, He must have intended for us to be twice as good at listening as we are at speaking.

Because of our self-serving and self-centered human nature, we are always ready to talk; to tell the world what we think. Therefore, to overcome that instinct, we must develop the discipline and skill of listening. We must choose to listen. We must want to hear what the other person is saying. We must communicate love by our willingness to value the thoughts and meaning that the other person is expressing.

Too often we listen only to earn the right to start speaking again, saying what we want to be heard and not responding at all to the other person's words.

The Bible warns many times about allowing oneself the luxury of being angry. We make the mistake of thinking that an outburst of anger is a momentary, isolated incident unrelated to other factors in the person's life. That is rarely the case... Temper is not the problem—it is but a symptom of the problem that lies beneath the surface.

“Do not give in to the temptation to seek revenge. *Agape* is only found in loving our neighbor as ourself.” (Matthew 22:39)