

Burn the Baggage – Day Three

The Trigger Isn't the Root

Scripture: *“People with understanding control their anger...”*
Proverbs 14:29 (NLT)

Let's be honest—most of us blame the moment.

“The traffic made me mad.”

“They disrespected me.”

“That pushed me over the edge.”

But moments don't create anger—they *expose* it.

What sets you off isn't usually the real issue. It's just the spark hitting something that's already been building underneath the surface.

Anger is often a symptom, not the source.

It can come from:

- Old wounds that were never healed
- Words that were never processed
- Situations where you felt overlooked, dismissed, or hurt
- Expectations that didn't turn out the way you thought they would

So when something small happens, your reaction feels big... because it's connected to something deeper.

That's why two people can go through the exact same situation, and one shrugs it off while the other explodes.

It's not about the moment—it's about what's behind it.

God isn't just interested in behavior modification. He's after *heart transformation*.

He doesn't want you just counting to ten and holding it in—He wants to heal what keeps causing it.

Because if the root isn't addressed, the fruit won't change.

You can keep managing reactions, apologizing for outbursts, and trying to “do better” ...

but until you let God deal with what's underneath, the cycle keeps repeating.

Real-Life Picture

It's like a weed in a garden. You can cut it down over and over, but if the root is still there, it's coming back.

Anger works the same way.

Hard Question

What is my anger *really* connected to?

Is it rejection?

Is it control?

Is it hurt I never dealt with?

Practical Step

Instead of asking, “Why did that make me so mad?”

Ask, **“What did that touch in me?”**

That question will take you deeper—and that’s where healing begins.

Prayer

Lord, I don’t want to just manage my anger—I want to understand it.

Show me what’s underneath my reactions. Reveal the places in my heart that still need healing.

Give me the courage to face it and the grace to let You change it. In Jesus Name We Pray, Amen.