



How Did We Become Angry? (Lamb Ministries 7x7: Biblical Recovery for Women Suffering from Trauma & Abuse Book 1)

Paula Rose Michelson

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Teaching the reader biblically relevant concepts, Paula Rose Michelson shows us how to choose the right Scriptures to heal our personal wounds. She sets up a system of praying our personal Scriptures in a prescribed manner and time to purge out the dross, believing that each reader who does the work can overcome what was before and grab hold of God's blessings in Messiah. In this first book of her seven Christian lay-counseling Lamb Ministries 7x7, *Biblical Recovery for Women Suffering from Trauma & Abuse*, the author walks us through a portion of her own healing journey, which the Lord orchestrated. Then she tells us how those experiences helped women in need as she worked with her LAMB Ladies.

EDITORIAL REVIEW: "Having spent the last twenty-three years studying to obtain the tools to aid individuals to deal with the crippling effect of self-condemnation, I wholeheartedly endorse Paula Rose Michelson's 'Book One: How Did We Become Angry?' While earning a Masters of Divinity Degree in Pastoral Counseling I was introduced to the idea that the purpose of Christian counseling was to aid individuals to get unstuck in their life. Paula put into simple words a process that can unstick those who are bogged down in the mire of their anger. On a personal note, I recommend this book to all those who trained themselves to hide their anger inside. From childhood I dealt with the effects of anger within. Although the book was written and promoted to aid ladies deal with anger, I found in Paula's words a greater understanding of my own path to freedom in Christ." — Rev Jimmy A. Garland: Pastor, Counselor, Author of 'Ark of Rest', and 'Berserker Healed'.

EDITORIAL REVIEW: "Anger as an emotion is neither good nor bad" says the author of *How Did We Become Angry*, but what we do with it can deprive us of power and freedom, health and hope. Seeds sown in childhood pain can keep us living in the past, instead of drawing strength to grow to the future. This short book offers a Biblical approach to that growth, with practical suggestions and a personal guide.

The author brings life experience, her training as a Life Coach, and her faith to this book. In so doing, she offers an answer to many people's prayers. But the true answers are in God, as is clear from the rest of this book's name, *Lamb Ministries—Life Affirming Messages from the Bible*.

Interspersing teaching with personal experience, adding short words of encouragement and kindness ("stop, rest... you might need a break"), and carefully working wisdom into simple exercises, the author shows readers how, guided by God, we can silence that "Committee in your head" which so eagerly "warns" us before we feel threatened, leaving us endlessly angry and short-changed.

"Forgiveness is a personal self-defining choice," the author says. But she's writing first of forgiving ourselves, not others. A clear call to faith answers that question of how the unforgiven can forgive. The Bible underpins the whole of this book, not just in well-chosen verses to carry a message, but also with lessons on how to read and pray, how to hear God's voice through His word, and how to respond. "God is as close as the verses before you are," and He's waiting to heal. We are not slow, not worthless, not weak, and every word that condemns us has its scripture to raise us up. The fallen world may have made us angry and buried

us. But now it's time to be "become" something more, to grow, and to be. The author has learned and taught this lesson well, and this book offers powerful encouragement through faith, not in ourselves, but in the Messiah Christ." —Sheila Deeth (VINE VOICE)

EDITORIAL REVIEW: "This very helpful book teaches people how to get rid of anger, how to forgive and the most importantly how to heal with the help of God and the Scriptures. If you are dealing with unforgiveness read this book. I know this book can help you because I did this." —Azeri Emiliyaon

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Carlo Young:

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Lois Bottoms:

This How Did We Become Angry? (Lamb Ministries 7x7: Biblical Recovery for Women Suffering from Trauma & Abuse Book 1) book is simply not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is actually information inside this reserve incredible fresh, you will get data which is getting deeper you read a lot of information you will get. This specific How Did We Become Angry? (Lamb Ministries 7x7: Biblical Recovery for Women Suffering from Trauma & Abuse Book 1) without we recognize teach the one who looking at it become critical in contemplating and analyzing. Don't possibly be worry How Did We Become Angry? (Lamb Ministries 7x7: Biblical Recovery for Women Suffering from Trauma & Abuse Book 1) can bring whenever you are and not make your carrier space or bookshelves' grow to be full because you can have it inside your lovely laptop even cellphone. This How Did We Become Angry? (Lamb Ministries 7x7: Biblical Recovery for Women Suffering from Trauma & Abuse Book 1) having very good arrangement in word along with layout, so you will not really feel uninterested in reading.

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