

ANGER

(March)

"IT'S NOT ABOUT ME..."

by William David Linley (Graham Correctional Center, Illinois - 2018)

Things tend to escalate very quickly in prison. When you have a negative encounter with someone – the first thing you *must* remind yourself, *"this is probably not about me."*

Everyone in prison is struggling with emotional upheavals nearly every day. Many people you see, while seemingly normal on the outside, have serious mental and emotional instabilities. In *rare* cases you will certainly meet some that are influenced by actual spirits and demons, but most are merely broken people like us; carrying bad habits, bad attitudes and family baggage. It was in prison in 2008 that I first, personally encountered, an actual spiritual *possession*; a man had murdered his fiancé with a shotgun. Praise be to God as I then witnessed my first casting out of "violent" demons. As we read scripture and prayed together and at the end of a 3-day struggle, where I witnessed this man throwing himself into the walls of his cell, resulting in a broken arm and many severe bruises, this man was free of demons! (1 Jhn. 4:1-4, Matt. 17:14-21) Trust God to help you discern the truth...

When someone bumps into you with an attitude – it may actually be a physical weakness starting (e.g. eyes failing, diabetes, or cancer). They're scared and don't want anyone to perceive they are weakening. We know how easy it is to fall victim to predators in prison when you become weak or ill. They come off with a tough guy attitude like, *"what are you gonna do!"*, but inside they are secretly thinking, *"oh please God-don't let him punch me-I can't see right and I'll crumple like a daisy being stepped on."*

Trust this – If someone really is picking a fight with you – it won't stop with just a bump. If someone is out to get you – you won't have the luxury of a warning, they'll just jump you when you least expect it, like in the shower, or on the yard, or in your cell, and it will be quick. So do not permit fear, the root of *anger*, to control you – you belong to Almighty God and it is within your power to resist evil. (Romans 8:14-16, 2 Timothy 1:7)

I had a cellie (roommate) I really liked. We got along great. Laughed and joked for 3-months. Suddenly he became withdrawn and I learned that he was sad because he asked his family to sell his truck and send him the 3,000 dollars so he could buy commissary. I guess he really loved his truck... A few days went by - it was a hot summer with temps in the cell exceeding 100 deg. °F for about 15 hours a day. Suddenly he snapped and we nearly ended up in a fight. I knew it wasn't about me, so I let him vent and threaten me. After an hour he calmed down and apologized. Turns out his family did sell his truck after he gave them a POA, but they decided to keep the money and didn't send him anything.

"IT'S PROBABLY NOT ABOUT ME!"

2 Corinthians 1:3-4 [cr. Proverbs 16:31-33]

*"Blessed be God, even the Father of our Lord Jesus Christ,
the Father of mercies, and the God of all comfort;
Who comforteth us in all our tribulation,
that we may be able to comfort them which are in any trouble,
by the comfort wherewith we ourselves are comforted of God." (KJV)*