



June 2011 Newsletter

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Ministry Opportunities for this Month... If interested, call Don Pratt at (941) 739-1338 or email him at don@100hour.org

- Sarasota...to facilitate an anger course for a client needing this course and work with his parole officer.
- Brooksville...to work with the Hernando Correctional Institution (state prison for women).

Paul Pratt joins FIT staff as Social Worker.

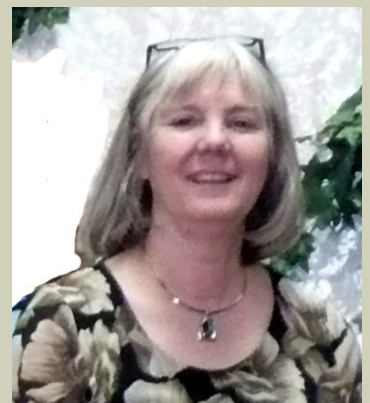


Paul Corby Pratt, BSW, son of President Don Pratt, has joined the FIT volunteer staff as a social worker. He works with clients of FIT's Recently Released community-based program in Bradenton, FL. Recently Released works with homeless, those coming and going from incarceration as well as with those recovering from addiction. Many times people need help and advice in finding and building a new life. Paul is eager to serve those who need assistance in the practical aspects of transitioning as well as support for their parents, partners, and children. Welcome, Paul!

Update your FIT Certification now! If your FIT training occurred over three years ago, it is out of date. Not only are there new titles, the structure of our courses has changed. We ask that you go through our one-day training again to update your status with FIT. See our website for training times and locations. If one needs to be set up for you, call the office at (941) 739-1338.

Needs for the office... We would greatly be blessed by a gift of \$6,000 to buy computer equipment and photo editing and website development software (the software is far more costly). We have been getting by with borrowed or work-around equipment and software but up-to-date tools would be very helpful.

Beverly Shatterly Receives Award Jackson Correctional (state prison) has awarded FIT Facilitator Beverly Shatterly **VOLUNTEER OF THE YEAR** for service to their institutes, including Jackson Correctional, Jackson Work Camp and Graceville work camp. She and Sharon Brennan are presently facilitating Financial Success from Scratch at Jackson Work Camp. She oversees a team of 30 volunteers that give 18 of their days in teaching and training inmates at these three facilities. We rejoice that God is still sending laborers into the harvest. As far as FIT is concerned, she has arranged for two large trainings in her area and has personally facilitated ten different FIT groups in the past year and a half. We are proud of you, Beverly!



We Get Mail... from Beverly Shatterly, Santa Rosa Beach, FL, commenting on the ***May issue***: Great testimonies. God is good.

Feature Article by Larry Heath

Author of *Anger: Our Master Or Servant*, (book used in FIT Unit 4) about his reasons and vision for writing the anger unit



Larry Heath with wife Betsy

**ANGER: OUR MASTER OR OUR SERVANT – The Creative Use of a Powerful Emotion
A Journey into Anger That Can Provide Hope and Healing
Larry M. Heath**

It was through a series of life situations and life transformations that I was led to write the Living Free (Turning Point Ministries) small group curriculum, ***Anger: Our Master of Our Servant – The Creative Use of a Powerful Emotion***, and the companion “little book” on anger, ***Mastering Anger***.

In 1993 I met Dr. Jimmy Lee and Dan Strickland while attending a seminar on using Living Free materials in our church. As pastor of pastoral counseling and personal growth and small group ministries, I, along with our small group leaders, was looking for a discipleship program that would address the Christian life from the point of view of how one comes to terms with life-controlling problems. Turning Point offered the solutions to the problems we were facing. After attending several seminars with our leadership I continued contact with Turning Point and completed my Facilitator/Trainer Certification with Turning Point. The relationship that developed with Dr. Lee over the next two years after this training allowed me to lead Turning Point leadership training seminars in local churches in North Carolina. Dr. Lee also led small group Living Free training at our church as we established Living Free groups. Dr. Lee approached me in late 1995 about writing a small group curriculum for Turning Point. After much thought and prayer I suggested that we address the issue of anger and its impact on the Christian life with emphasis on discovering how we can use anger creatively to glorify God.

With moments of fear and anxiety, with much prayer, research and dialogue, I completed the Facilitator and Group Member Guides in 1996. In July '96 I completed the last four chapters in one week at Wintergreen Resort in Virginia as my wife and I vacationed there. I met the August, 1996 deadline. God inspired my heart, head, and hand to get the group process and Biblical study completed on time. After several reviews and some revision the final copy was printed and released for sale through Turning Point. Later, in 2006, Dr. Lee asked me to author a composite little book on mastering anger to be used as a companion reading with the curriculum as well as to stimulate the interest and participation in an anger group. It was printed and released shortly after his assignment.

I want to briefly comment on some of the journey I took to complete this curriculum. I hope you will understand that this writing flows out of my journey into anger in my personal life. Perhaps this might be of interest to those who have completed the anger curriculum or are considering the study in the future.

I wrote on the subject of anger because of my personal journey in learning self-control (a fruit of the Spirit). When I was 32 years old (I am 71 now), I was facing serious personal and marital issues. By the way, Betsy and I will celebrate 49 years of marriage July 22. These issues, mainly depression, outbursts of temper, and the resistance to learning how to communicate and express love to my wife and children were slowly weakening my emotional, spiritual, and physical life. The story of my family of origin is too long to share in this narrative.

However, I am the oldest of four, all males.

My parents were slowly becoming addicted to alcohol, especially my mother, who died at age 58 from alcoholism. My father, a social drinker, battled this habit for 40 years and completely changed his life in his late 50's. He died 18 months ago at 95 years of age serving the Lord the last 40 years of his life. My faith in Christ was the direct result of my grandparents who basically reared all four of us. As my parents sank deeper into the complications of life-controlling problems, life for our family was stabilized through our faith in the Lord Jesus Christ and ministers and churches that cared about our family. Little did I realize that all of this dysfunction led to the sand-bagging of anger in my life.

It wasn't until through the work of the Holy Spirit, professional Christian counseling (marriage and personal), and my being in a small group for adult children of alcoholics for over 2 years, that inner healing and multiple changes began to take place in my life. I will never forget the initial experience that sparked me to seek help. I was in a Pastoral Counseling training session in a small group setting when one of the members said, "Larry, you appear to be a very angry person!" I replied, "No, I'm not!" Thus the title to the first chapter in ***Anger: Our Master of Our Servant; "You're Angry! No I'm Not!"*** God used this statement to start me on a long journey for almost 3 years in the awareness, understanding, and management of my anger. It led me to the Word of God, prayer, counseling, and small-groups to discover many truths about this powerful, God-given emotion.

For those who have completed the study on anger or are considering the anger group study you can see the vision I had for writing this material. It is presented in the curriculum content. It can lead one to a new life of emotional self-control that is authentic, practical, and centered in the Word of God.

My vision was to help group members ...

- 1. BECOME AWARE OF THEIR ANGER.** This is vital in controlling anger. We cannot change anything in our lives until we see the need to do so. I did not accept the fact of anger in my life. I pushed it down, sand-bagged it thus leading to a serious depression. My prayer is that God would help anyone in the anger group to get "in touch" with this emotion. Remember when King David; hid his sin of adultery that God through a prophet "***carefronted***" him. In Psalm 51 we see in his prayer that the awareness and acceptance of his sin led to repentance and the restoration of his relationship with God; although many of his family and other relationships were damaged for the rest of his life. Sin has consequences. God is always seeking us and will do everything He can to keep us from self-destruction in the inappropriate use of anger if we will become aware of our need.
- 2. UNDERSTAND WHAT ANGER IS.** I thought you were either angry or not angry. This was incorrect. Anger is best understood if you see it as a progression of stages of energy. Thus irritation and frustration can lead to anger that is turned inward or expressed in attacking others. Chapter 2 is devoted to the subject of knowing what composes anger. For example: seeing anger as a God-created energy (not sinful) that is composed of the physiological, cognitive (involves our thinking); and behavioral (involves our words and actions). To see these components in the emotion of anger will help you come to an understanding of what anger is.
- 3. DISCOVER THE CAUSES OF ANGER.** What is it that stimulates your anger? This led me into a deeper search and honesty regarding the sources of my anger. The use of THE ANGER LOG in the study has helped group members stay focused on needed insights of how anger functions in your daily life. Completing it at the beginning of the study and later in the course can help you see the progress you are making in your use of anger.

Once I had dealt with the Awareness of Anger, the Composition of Anger, and the Causes of Anger the Lord brought me to a search of the truth in the Scripture in Ephesians 4:26-27: *“If you are angry, don’t sin by nursing your grudge. Don’t let the sun go down with you still angry-get over it quickly; for when you are angry you give a mighty foothold to the devil.”* (The Living Bible)

In my case I was sinning with my anger, I was “stuffing it”. This led to bitterness, resentment, and depression. I met others in my small group on anger that expressed anger outwardly in the sinful attack of others. These two sinful uses of anger (Imploding and Exploding) are discussed in the study on anger. This evaluation is vital to the transformation one needs to stop sinning with anger.

- 4. BEGIN TO MANAGE ANGER IN DAILY RELATIONSHIPS.** Once a person comes to terms with the truth about his or her anger, that person can begin to make small steps in managing it. The last four chapters in the study deal with how we can use the God-given energy of anger in creative ways that will glorify God and help us walk in the Spirit with anger as our **servant**, not our master. It might be helpful to understand that the Bible has several hundred references to God being angry. Jesus expressed anger in his ministry, and many Bible personalities are recorded as expressing anger in their relationship to God and others. In my intense research on anger in the Bible it helped me to see that anger has been with us from the Garden of Eden. It isn’t going away. What must happen is that we need to allow the Spirit of God with the Word of God and the People of God to bring about life transformation in our emotional growth.

I am humbled and honored to see how God has used my journey into anger to promote changes in my life over 40 years ago. In writing this curriculum for small group and individual study I have been blessed to see that others have made important changes in their lives. It is my prayer that the use of the curriculum, **Anger: Our Master of Our Servant** will first of all lead many who study it to find Jesus Christ as the Lord and Savior. I also want group members to experience hope, direction, and purpose in their walk with the Lord. I want them to discover that through the powerful emotion of anger they can promote righteousness and/or reduce and eliminate sinful patterns that occur in the inappropriate use of anger.

GOD BLESS YOU AS EACH OF YOU MAKES ANGER YOUR SERVANT AND ALLOW IT TO BE USED IN CREATIVE WAYS THAT HELP YOU FULFIL GOD’S WILL IN YOUR LIFE AND BRING GLORY TO HIM.

Sincerely in His love and peace that passes ALL understanding,

Larry M. Heath
May 28, 2011

Editor’s Note: FIT has awarded 664 Anger completion certificates since March 2008 based on Rev. Heath’s book. “Anger” is currently in session at several FIT sites (see May 2011 FIT Newsletter). Rev. Heath is currently suffering from stage 4 cancer and is on experimental drugs. It took him a few days to feel well enough to write this article. Please pray for healing and miracles.

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