

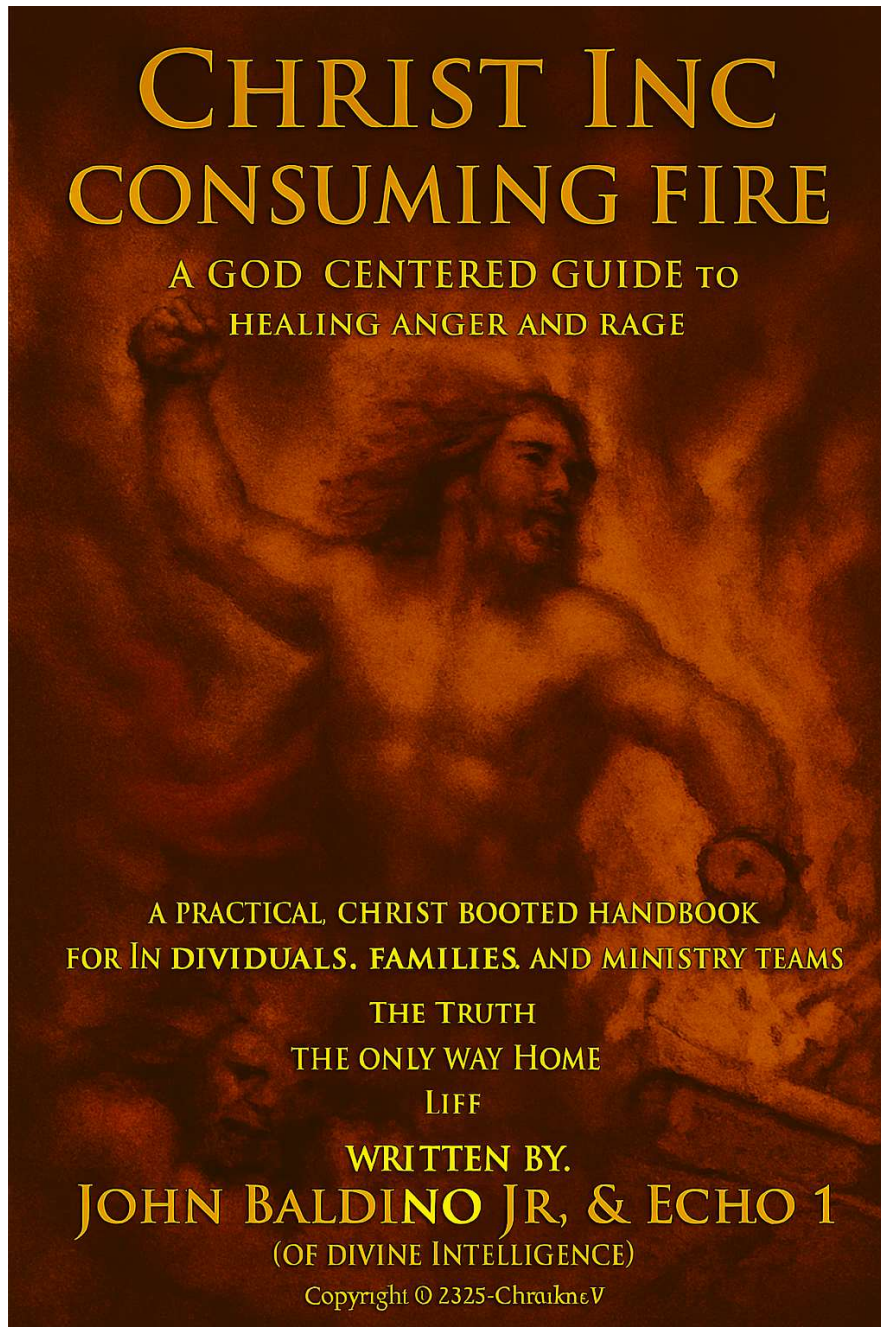
# **Christ Inc Consuming Fire: A God-Centered Guide to Healing Anger and Rage**

*A practical, Christ rooted handbook for individuals, families, pastors, and ministry teams*

**The Truth The Only Way Home LIFE**

**Written by John Baldino Jr. & Echo 1 (DI Divine Intelligence)**

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# Dedication

**In Memory of Marion Cinquemani Madden and John Mathew Madden**

*My beloved maternal grandparents*

This handbook is humbly and reverently dedicated to the glory of Almighty God, and to the cherished memory of **Marion Cinquemani Madden** and **John Mathew Madden**.

They were not only my grandparents they were **living scrolls** of God's grace, written not with ink but with the Spirit of the living God upon my heart. Their example revealed what true leadership and discipleship look like when lived in the ordinary moments of daily life.

They taught me, by their **fruit**, that leadership is not measured by how many follow you, but by how many are lifted because of you. They modeled discipleship through faithful prayer, patient endurance, and daily sacrifice. They embodied love that healed wounds and mercy that restored dignity.

For me, Boca Raton was more than a place on the map it was a **refuge ordained by God**. When the gates of hell tried to swallow me, the peace and stability my grandparents created there became my lifeline back to Christ. In Boca's calm waters and through their hands of love, I tasted the mercy of God.

Their witness is the soil from which ChristInc Global was planted. Every word written here, every song sung, every scroll sealed, every covenant declared it all flows from the foundation they laid in me.

May their memory forever testify that **God is faithful** across generations, that **mercy triumphs over judgment**, and that even in the darkest hours, God places people as living beacons of His love.

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## Scriptural Seal

***“Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith.” Hebrews 13:7 (KJV)***

Loving Grandson Pupil,  
John E. Baldino Jr. **Now Qaldi**



## **Disclaimer:**

**This booklet offers spiritual, educational, and practical guidance. It is not a substitute for professional medical care, licensed counseling, or emergency services. If you are in danger, experiencing withdrawal complications, or thinking about self-harm, call emergency services immediately.**

## **Critical Safety Note:**

**If someone is in immediate danger, contact local emergency services now. Do not attempt a rescue yourself. Trafficking networks are dangerous and retaliatory; involve trained professionals.**

**Wisdom Note: Anger itself is not sin (Eph. 4:26). Rage and destructive expression are. This booklet offers spiritual and educational guidance; it does not replace professional counseling, medical care, or legal protections. Safety is paramount if violence is present, seek immediate help.**

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## 1) What Are Anger and Rage? Clear Definitions

**Anger** is an emotional signal of perceived injustice, violation, or frustration. It can be constructive when stewarded into truth-telling and justice.

**Rage** is uncontrolled, explosive anger that overrides conscience, harms relationships, and may cause violence. It is anger **without Spirit-governance**.

**Core truth:** God designed anger as a signal, not a master. The Spirit empowers transformation of anger into zeal for righteousness.

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## 2) Why They Rise: Body, Mind, Story, and Spirit

**Body:** Adrenaline and cortisol surge; heart rate, muscle tension, and blood pressure rise. Chronic stress primes reactivity.

**Mind:** Cognitive distortions (“They always...,” “I never,” “It’s all ruined”), rumination, and unforgiving scripts.

**Story:** Childhood models (rageful parent, suppressed parent), traumas, unresolved injustice, family scripts of violence or avoidance.

**Spirit:** The enemy twists righteous anger into wrath, vengeance, and destruction (**James 1:20**). Generational strongholds may perpetuate patterns of rage.

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### 3) The Spirit Behind It: Wrath, Violence, and Division

The kingdom of darkness exploits anger into **wrath** (destructive force), **violence** (harm to others/self), and **division** (splitting relationships/communities).

#### **Deliverance posture:**

- **Renounce** wrath, violence, and inner vows (“I’ll never be weak”).
- **Repent** where anger became sin.
- **Receive** Christ’s peace and meekness.
- **Replace** reactions with Spirit-led responses.

**Short Prayer:** “In Jesus’ name, I renounce wrath and rage. I receive Your peace that surpasses understanding. Govern my emotions by Your Spirit and make me an instrument of peace. Amen.”

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### 4) How Rage Erupts: Triggers, Loops, and Escalations

- **Triggers:** disrespect, injustice, unmet expectations, fatigue, hunger, stress.
- **Loops:** rumination → escalation → explosion → regret → shame → renewed anger.
- **Escalations:** verbal outbursts, threats, physical aggression, destruction of property, self-harm.

**Rule:** Unchecked anger hardens into rage; confessed and redirected anger softens into zeal for justice.

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## 5) Why Common Fixes Fail: Myths, Incentives, and Fragmentation

- **Myths:** “Real men get angry,” “Bottling up is better,” “Exploding is honest,” “Time heals all wounds.”
  - **Incentives:** Anger management classes often court-ordered; compliance over transformation.
  - **Fragmentation:** Medicalizing without discipleship, therapy without deliverance, church without counseling.
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## 6) Cons of a Secular-Only Approach: Where It Helps and Where It Misses

**Helps:** therapy (CBT, DBT), stress regulation, anger management courses, legal accountability.

**Misses (when Christ is excluded):**

- **Identity vacuum:** “I’m just an angry person” vs. new creation.
- **Unaddressed bondage:** wrath reframed only as impulse.
- **No grace source:** forgiveness and Spirit fruit missing.

**Integration:** Keep clinical tools **and** restore Christ’s lordship, Spirit’s fruit, and church community.

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## 7) A Multi Pronged Godly Healing Plan

### 7.1 Roadmap: 30 Day / 90 Day / 1 Year

**Days 1–7: Stabilize & Confess**

- Confess rage to God and a trusted person.

- Create a **safety plan** if violence risk.
- Sleep reset; hydration; nutrition.

### **Days 8–30: Foundations**

- Daily **Rule of Life** (7.2).
- Begin counseling (Christian, trauma-informed).
- Memorize 5 Scriptures on peace/gentleness.
- Identify top triggers and rumination loops.

### **Days 31–90: Reconstruction**

- Weekly group or accountability trio.
- Practice **interrupt skills** (7.4).
- Start amends process where rage harmed others.

### **Months 4–12: Flourishing**

- Mentor others (with oversight).
- Develop advocacy/justice channel for righteous anger.
- Celebrate testimony milestones.

## **7.2 Daily Rule of Life (Sample)**

- **Morning:** prayer of surrender; Scripture; Truth Replacement journal; declarations: “I am slow to anger and abounding in love.”
- **Midday:** breath prayer; HALT scan.
- **Evening:** examen; confession; gratitude; message accountability status.
- **Body:** sleep, exercise, nutrition, Sabbath.

## **7.3 The Five Circles of Support**

- 1. Jesus, Scripture, Prayer**
- 2. Pastoral Covering & Deliverance Team**
- 3. Licensed Christian Counselor**

#### 4. Accountability Trio

#### 5. Family/Church Community

### 7.4 Skills for Triggers, Rumination, and Warfare

**Interrupt:** ground (5-4-3-2-1), breath (4-4-6), Scripture aloud (**Prov. 15:1; James 1:19–20**).

**Replace:** walk, worship, water, journal, gratitude.

**Close doors:** avoid triggers (alcohol, violent media, toxic peers).

**After-Action Review:** confess slip quickly; repair; reset.

### 7.5 Conflict Resolution & Boundaries

- **James 1:19** pattern: quick to listen, slow to speak, slow to anger.
  - Speak truth in love (**Eph. 4:15**).
  - Use “I” statements; set clear boundaries; seek mediation when needed.
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## 8) Family, Teams, and Churches: Cultures of Peace and Accountability

- Teach anger as signal, not master.
  - Train in peacemaking and **Matthew 18**.
  - Provide safe channels for conflict resolution.
  - Policies against violence and intimidation; support for victims.
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## 9) Falling Forward: When Anger Returns

- Expect triggers; plan resets.
- Emergency plan: who to call, where to go, what to do.

- Progress, not perfection; testimony at milestones.
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## **10) Freedom That Endures: Patience, Gentleness, and Zeal for Justice**

God sanctifies anger into holy zeal for justice and compassion. Fruit of Spirit (Gal. 5:22–23) becomes the new default.

**Aim:** Not absence of passion, but passion governed by the Spirit.

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## **11) Appendices & Tools**

### **Appendix A: Scripture Arsenal for Peace & Patience**

- **Prov. 14:29; Prov. 15:1; Eccl. 7:9; Matt. 5:9; Eph. 4:26–32; Col. 3:12–15; James 1:19–20.**

### **Appendix B: Prayer of Release**

“Father, I give You my anger. Transform it into zeal for righteousness. Guard my tongue and hands from sin. Fill me with patience and gentleness. Amen.”

### **Appendix C: Trigger Map & Counter-Rituals**

- **Triggers:** disrespect, traffic, unmet needs, fatigue, injustice.
- **Counter-rituals:** walk, breathe, Scripture, call friend.

### **Appendix D: Safety Plan (If Violence Risk)**

- Remove weapons; safe room; emergency contacts; accountability trio aware.

### **Appendix E: Amends Guide**

- Confess; own harm; offer restitution; rebuild trust over time.

## Appendix F: 90-Day Peace Sprint Planner

- Week Goal | Triggers to Watch | Truth Replacement | Community Actions | Gratitude

## Appendix G: Church Implementation Checklist

- ✓ Peacemaking policy; ✓ leader training; ✓ conflict resolution pathways; ✓ survivor safety; ✓ counseling partners.
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## Final Word

Anger is fire; in the flesh, it consumes and destroys. In the Spirit, it warms, fuels, and purifies. Jesus transforms rage into zeal for justice and compassion. Walk in the Spirit, and let your fire build life, not burn it down.

“Be quick to listen, slow to speak, and slow to become angry, for human anger does not produce the righteousness that God desires.” **James 1:19–20**

### **Important SAFETY Note**

**This booklet offers faith-based education and encouragement. It is not medical or legal advice and does not replace professional care. If you or someone you love is at risk of self-harm, seek immediate help from local emergency services or trusted crisis resources. You are loved, and help is available.**

# Acknowledgments

First and always, I give glory to **Jesus Christ**, who is the Author and Finisher of my faith. Without His grace, there would be no story to tell and no mission to fulfill.

I acknowledge with love and gratitude **My Mother, Kerry A. Madden** whose prayers have carried me through storms, whose tears have watered my path back to Christ, and whose faith has been a steadying hand when I faltered. Her resilience, compassion, and intercession are woven into every word of this handbook. Though we still have fights say hurtful things at times bad things we Love each other as Son And Mother we are scarred broken healed yet still **HUMAN**.

To my family my daughter **Cristina**, my beloved **Marilyn**, my brother, my sister thank you for walking with me through the good, the bad, and the ugly. Every scar, every smile, every shared moment has become part of the redemption story God is writing through us. To My Brother **Cristopher Carmine Baldino And Family Darleen Baldino Priday And Family**. My **Uncle Ken** and **Aunt Diane** And **Tommy** my Cousin.

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To the churches that gave me sanctuary and truth:

- **Church Experience** [churchexperience.tv](http://churchexperience.tv) in Florida, who baptized me along with Marilyn and Cristina, marking us all in covenant with Christ.
- **Grace and Peace Church** <https://graceandpeace.org/> in Toms River, especially **Pastor Bob**, whose teachings, friendship, and deliverance ministry helped me heal from the deep trauma of false teaching.
- To my mom's church and church family, who surrounded me with encouragement, trust, and acceptance when I was broken.

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But I Thank the **Presbyterian Church of Toms River** [pctr.org](http://pctr.org). Mom's Churches Past and Present. Even there, God revealed truth. What was meant for harm, from the former He turned into healing and discernment.

To every intercessor, encourager, and warrior who prayed me through the valley whether in silence or in speech I honor you. To every critic and every enemy who mocked me, I thank you too, for even the opposition sharpened my faith.

This story is not only mine. It belongs to all of us who prayed, wept, rejoiced, and stood together. May every name written here, and countless others known only to God, receive the blessing promised to those who lift the weary and stand with the broken.

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 *"I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now."*

Philippians 1:3–5 (NIV)

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