

get rid of the anger we've got to get rid of the GUILT! So how do we get rid of our guilt feelings? There are a couple of ways.

Way #1 to conquer self-anger: When you know you've broken a law, you can appease your conscience by turning yourself in and suffering the consequences for your actions. We stop feeling guilty when we pay off our debt to society. When the judge, however, is a perfectly holy God whose sentence for all violations is the death penalty and an eternity in Hell, that option isn't too appealing.

Way #2 to conquer self-anger (and avoid suffering in Hell for breaking God's laws): Let someone else pay our debt.

That's slick, but how can anyone suffer death for us?

Well, even though He is a holy Judge who demands perfect obedience, God is also loving, so he made payment on our debt Himself. Either we stay miserable now and pay for it when we die, or we can accept His payment.

God made payment 2000 years ago by sending his son Jesus to die in the place of sinners. Someone had to die. It was either Him or you. If you don't admit your sinfulness, then you exempt yourself from God's payment for sin, you will continue to live trapped by self-anger, and will have to die and suffer eternally in Hell to pay for your sins.

Does getting free from guilt and self-anger appeal to you? Do you want to get free from the things that enslave you? **YOU CAN!** But you must face yourself honestly and quit lying to yourself! For God to set you free from the power of evil, and give to you eternal life, you must confess to God that you have blown it and are deserving of hellfire. **He will give you NO help if you remain proud and angry.**

Where's your head today? Do you see your life as separated from God? Do you want to be free from the power of evil and to get on God's side?

God does not intend that we live in the misery we've brought upon ourselves. He offers freedom to all those who come humbly to Him. Will you come to Him today and trust Christ and his death for you?

Don't let this moment slip away without having taken God up on His offer of peace in your heart and eternal life with Him. God's written the last chapter already. Judgment Day has been scheduled. Be part of His victory!

If you believe in Jesus, cry out now to God! Admit that you are a sinner, undeserving of His mercy. Ask Him for forgiveness, be willing to change your sinful lifestyle, and turn your life over to Him. If you want to know more, contact us at (916) 967-HOPE.

ANGER MANAGEMENT TOUR

WITH EMINEM, LIMP BIZKIT AND XZIBIT

PAPA ROACH



Binge

You better put that down
You better put that down

All I need is a bottle
And I don't need no friends, no
Wallow in my pain
I swallow as I pretend
To act like I'm happy
When I drink till no end, no
I'm losing all my friends
I'm losing in the end
And she says



Behave little boy
You better sit back down
Till you hold your ground
It's your turn to learn to fight
You better sit back down
Till you hold your ground

When I'm sober life bores me
So I get drunk again, yeah
I'm losing all my friends
I'm losing in the end
She says,

Behave little boy
You better sit back down
Till you hold your ground
It's your turn to learn to fight
You better sit back down
Till you hold your ground
YEAH!

It's your turn to learn to fight
You better sit back down





Till you hold your ground
YEAH!

You better sit back down
You better put that down
Put the bottle down
I am on a binge

Behave little boy
You better sit back down
Till you hold your ground
It's your turn to learn to fight
You better sit back down
Till you hold your ground
YEAH!

I am on a binge
I wish things would change
Wish they'd rearrange
I'm on a binge
I wish things would change
Wish they'd rearrange
I am on a binge
I'm on a binge
Yeah Yeah



Papa Roach is one of the **HOTTEST** groups around! In musical style, nobody does it quite like them! When it comes to lyrics -- they're always deep, always provocative, always asking a lot of the right questions. They put into words *just how you feel*. Maybe you've noticed, when life's a pain, **they say it just right!**

You know what I mean -- when life's a downer you feel like **all you need is a bottle**. You get wasted, your head's buzzing, and you're wired to the gills. You try to forget it all, but you end up wallowing in your pain.

Sometimes you get sick of life, and you feel like all you need is a bottle. It's like a friend who gives you comfort when everyone else seems like they could care less. Yeah, the bottle seems like a friend, but the next day it always leaves you cold.

So you say to yourself, "I don't need no friends, I'll wallow in my pain. I'll pretend to act like I'm happy." But you **HATE** phonies!!! You can't stand them! So you grab the bottle to forget that you hate yourself.

When we're like that, we hate to admit that we're not happy. It sounds so weak. So we pretend, and we hate it, and we go on a binge, and we wake up, and life keeps goin' on that way.

How is that possible? When we love ourselves so much, how can we hate ourselves?

We hate ourselves because *we are mad at ourselves*. But we hate to admit it, so we get mad at everybody else. The problems in our life we think are somebody else's fault. We absolutely **HATE** to blame ourselves for the pain our life.

So we pretend, and we hate it, and we go on a binge, and we wake up, and life keeps goin' on that way. But life will not change until we face the facts -- *we're ticked at life because we're mad at ourselves !!!* Until we face that we have caused our own problems, we cannot get the problems fixed.

Let's all say it together -- "***We're ticked at life because we're mad at ourselves.***" There, was that so hard?

A lot of our raging around, blowing up at people, is because we can't stand **US**. There's a word for this kind of self-anger -- it's called "guilt." We're mad at ourselves, because we feel guilty about our lives. It's easier to blame others for our failures than it is for us to face our guilt. Some people reading this right now are already getting MAD . . . for the very reason just mentioned -- ***they can't stand to take responsibility for themselves.*** Everything wrong in their life is always *someone else's* fault. Is that **YOU**, or are you able to admit your guilt feelings?

Why are we afraid to face ourselves? What do we have to feel guilty about? Is there some cosmic law we've violated that leaves us feeling guilty and angry? **There sure is!**

Now here's the part of this pamphlet that so many are afraid of. If you're not too chicken to find out a little about yourself, then keep on reading.

The reason that each of us feels guilt is because we've violated God's laws and we've been busted by our own conscience. Thousands of years ago God gave mankind his rules for life, which he wrote in our hearts. As our creator he had full rights to command that we love **HIM** above all else. His name, he declared, we are not to use as a swear word. He said we must never lie, we must never take anything that isn't ours, we must honor our parents, we must have sex **only** with our husband or wife, and we mustn't hate anyone, for that is murder. It's because we've broken God's laws that we're so up-tight!

It's this up-tight, guilty feeling that gives us the anger that we try to satisfy with all our running around. But running around doesn't work! To