

# GLAD TIDINGS

“And we bring you good tidings of the promise made unto the fathers...” (Acts 13:32)

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## Do You Have An Explosive Disorder?

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**Y**ou may have wondered why the driver behind you is so red in the face as he raises his fist in rage, lays on the horn and repeatedly beats the steering wheel. His sudden outburst of rage may not be a character flaw, or an accurate assessment of your driving habits. He may be suffering from IED (intermittent explosive disorder).

The June issue of the *Archives of General Psychiatry* has released the findings of a face-to-face survey of 9,281 U.S. adults who filled out diagnostic questionnaires in 2001-2003. By definition, *intermittent explosive disorder* involves multiple outbursts that are not proportionate to the circumstances surrounding them. Also, these outbursts often include aggressive actions and costly property damage. Five to seven percent of the sample studied manifest this disorder which would equal up to 16 million Americans.

God, our Creator, has placed upon our spirits the responsibility to control the thoughts of our hearts and our consequent actions. Paul exhorts the Romans to “*present your bodies a living sacrifice, holy, acceptable to God,*

*which is your spiritual service*” (Romans 12:1). The inward man, distinguished from the physical body, must control the body and present the body in an acceptable manner in life unto God. Man’s soul is to be in control of the flesh.

The sudden outburst of wrath is condemned in the New Testament as a *work of the flesh*, and will keep us from inheriting heaven. “*Now the works of the flesh are manifest, which are these: fornication, uncleanness, lasciviousness, jealousies, wraths, factions, divisions, parties, envyings, drunkenness, revellings, and such like; of which I forewarn you, even as I did forewarn you, that they who practice such things shall not inherit the kingdom of God*” (Galatians 5:19-21).

God therefore makes it plain that He expects us to control our body, and if we break out in uncontrollable wrath, we will forfeit Heaven. This seems pretty harsh for what the mental health community says may be simply a chemical deficiency in our brain. Dr. Emil Coccaro, chairman of psychiatry at the University of Chicago’s medical school, says the disorder involves inadequate

production or functioning of *serotonin*, a regulating and behavior-inhibiting brain chemical. He suggests antidepressants and behavior therapy for treatment.

Thus, the believer in God is faced with another challenge from a society that worships “science” and seeks scientific explanations for man’s behavior. God condemns *homosexuality*, but God, it may be because of my special genetic makeup. God condemns *drunkenness*, but God, my out of control drinking may be because of the genes I inherited from my alcoholic father. God condemns the outburst of *wrath*, but God, I may not have enough serotonin in my brain.

Without dismissing the possibility there may be chemical deficiencies affecting our mental health, should we not take responsibility for our own behavior? God’s word teaches us that if we manifest outbursts of anger, we sin. And, if you think you have a chemically-deficient disorder, explore the medical remedies. The fact that even the mental health field recommends anger management therapy suggests that intermittent explosive disorder is not merely a chemical deficiency.