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**Theme:** Anger

**Scripture:** Colossians 3:8 (NKJ)

“But now you must rid yourselves of all such things as these: anger, rage, malice, slanders, and filthy language from your lips.”

**A Thought:**

It was wonderful day. The sun-rays were glinting off the windshield, the sky was blue blue, no clouds to be seen and the streets and buildings cleanly washed from the morning rain. What a glorious day as I motored through the neighborhood streets. The blissful moments I was enjoying came to an abrupt halt. Instinctively I pumped the brakes a couple of times not to bashed into the car in front of me. Immediately the high-pitch sounds of horns are incessantly blaring nonstop. Ahead of me the driver in the front car is screaming at the top of his lungs and giving the gent across the lane a tongue lashing. The fellow who is being raked over the coals is motionless...not one twitch of movement. Meanwhile the screamer sticks his hand out the window with the international one finger salute of “what I think of you.” From what I gathered in those few moments it seems as though the screamer and the other fellow were involved in a earlier confrontation. He continued to follow him even crossing two lanes. Back at home....how many of us have been so angry that we have followed a love one from one room to another with an onslaught of expletives? And behold hours earlier life was good! Our angry emotions and our hurtful words take front stage in our behavior. In the subsequent notes we will find out together what God's word is on the subject of anger.

Now....what are your thoughts? Write them down.

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**Talk to yourself:**

- How often do you have an angry tantrum?
- What makes you angry?
- Are you a short fuse person or a long fuse person?
- Do you check your emotions prior to opening your mouth?
- Have you talked to your pastor and or health professional about your anger?

**Scriptures to read:**

- Proverbs 15:18 (NIV)
- Proverbs 19:11 (NKJV)
- Ecclesiastic 7:9 (NKJV)
- Ephesians 4:31 (NKJ)
- Psalm 37:8 (NKJ)
- Matthew 21:12:14 (NKJ) Righteous Anger

**Quote:** Carl Sandburg, Poet

“The single clenched fist lifted and ready, or the open hand held out and waiting.  
Choose: For we meet by one or the other.”

**Bottom Line:**

The incident that I experienced was a window to what happens when a person is overwhelmed with anger. His demeanor, his screaming and his zany actions took less than two minutes. Meanwhile everyone caught up nearby in this incident was affected by the craziness. How many of us have been so angry that it was impossible to control our emotions? It would be fair to say that we (possibly in a smaller scale) have been (at one time or another) in a similar circumstance. We should take heed what the Book of James 1:19-20 (NKJ) has to say.....let it speak to your heart. “My dear brothers, take notice of this: Everyone should be quick to listen, slow to speak and slow to become angry. For man’s anger does not bring about the righteous life that God desires.”

**NOW.....THAT’S THE BOTTOM LINE.**

Spiritual Dabbler, Your bro, Ray

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