Text: Ephesians 4:31 & 32 - 'Let all bitterness and evil speaking, be put away from you, with all malice. (vs. #32) And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."

MORE VERSES: Psalms 37:8 - "Cease from anger, and forsake wrath, fret not thyself in any wise to do evil."

Proverbs 16:32 - "He that is slow to anger is better than the mighty, and he that ruleth his spirit than he that taketh a city."

Proverbs 19:11 - "The discretion of a man deferreth his anger; and it is his glory to pass over a transgression."

Ecclesiastes 7:9 - "Be not hasty in thy spirit to be angry, for anger resteth in the bosom of fools."

ANGER: "A feeling of displeasure and hostility that a person has because of being injured, mistreated, opposed, etc."

ANGRY: "wild and stormy"

James 1:19 - "Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath."

Ephesians 4:26 & 27 - "Be ye angry and sin not; let not the sun go down upon your wrath. (vs. #27) Neither give place to the devil."

We see in these verses, that anger displeases God. There is a righteous (controlled) anger that Jesus displayed in John 2:14-17.

John 2:15 - "And when He had made a scourge of small cords, He drove them all out of the temple, and the sheep, and the oxen; and poured out the changer's money, and overthrew the tables."

The action's Jesus showed was because the people were disrespecting the house of God. The sellers were using the building to profit their pockets! Notice Jesus didn't cuss or swear or name call. He simply let them know
(by His actions and words) they were wrong in what they were doing. Jesus would soon die for these very same people. He loved them, but was trying to teach them to respect the temple that was a sacred, holy place. Aren't we too, the "temple" of God with our bodies? (See: I Cor. 3:16/ I Cor. 6:19 & 20)

Let's go back to James 1:19 - "...let every man be - # 1) Swift To Hear .

Why should we listen more than talk?

Because we will learn something. Over the years, many have come to me in counseling, crying and distressed, because they have so much bottled up. Usually it's because of a lack of communication. Always let the other person talk and communicate, too. Often, we don't realize it, but we are controlling, judging, and criticizing the other person, assuming they are 'guilty' before we even let them explain! This is wrong. It will only drive the other one farther away; to clam up even more. Relax. Stay calm. Let the other person talk, even if it's not what you want to hear, even if you think they are wrong. Hear them out. Maybe just maybe sometime or another, you just 'might' be the one in the wrong and not them. In most cases, both parties are wrong some of the time.

Listening shows respect. It shows the other person that what they say is important and valuable to you. We're not talking about taking verbal abuse. When we listen and let the other person exchange his/her feelings without disrupting in angry outbursts and disrespect, we are making huge headway in communication and it pleases God, too.

Remember, love is the greatest of all christian virtues. I Corinthians 13:13.

Philippians 2:3 - "Let nothing be done through strife or vainglory; but in lowliness of mind, let each esteem other better than themselves."

Humility is a great virtue. It's one that is greatly lacking today.

#2) Slow To Speak .
James 1:19.

Watch your words when you do talk!
Think before you let those piercing words penetrate into the atmosphere. "Sticks and stones will break my bones, but words will never hurt me." NOT TRUE! Words DO hurt. Words blurted out in anger does unreparable damage, unless the injured person has a truly forgiving heart. Don't keep rehearsing someone's past mistakes to them if you've already discussed it before. Whether the person has apologized or not, don't keep bringing up their past mistakes. Resurrecting the hurts and wounds will possibly drive the other friend or relative farther away from your relationship. Open communication will only work if both parties can discuss openly in a reasonable, godly manner. Any hurtful tones or harsh words without God's love and compassion will only damage the already existing deteriorated relationship.

Ecclesiastes 10:12 - "The words of a wise man's mouth are gracious..."

Psalms 19:14.

Proverbs 5:2(b) - "...therefore, let thy words be few."

Jesus said in John 6:63(b) - "The words that I speak unto you, they are spirit, and they are life."

Why can't we, as born again christians, speak life-filled words that build others up and not tear them down? Why can't our words encourage and edify our loved ones, friends, and family members? Don't let a stressful day cause you to lash out on your family. Our immediate family members are the ones we see the most, but often the ones we hurt the most. Be guarded with your words.

Psalms 141:2 - "Set a watch, O Lord, before my mouth, keep the door of my lips."

Psalms 34:12 & 13.

#3) Slow To Wrath.

We've already covered many verses about anger and wrath. Let me close with these remaining verses:

Colossians 3:8 - "But now ye also, put off all
of these: anger, wrath, malice, blasphemy, filthy communication out of your mouth."

Colossians 3:10; 12-14.

Galatians 5:19-25.

I Timothy 2:8 - "I will therefore that men pray everywhere, lifting up holy hands, without wrath and doubting."

Galatians 5:6 - "...faith worketh by love."

How can we possibly, genuinely, praise the Lord from our hearts, as we raise our hands to heaven, when we are full of wrath, bitterness, unforgiveness, criticism and judgment to others?

How can we walk in God's love and expect our faith to work and grow? It can't.

True, heart-felt, soul-searching repentence can lead us back to the revival we desperately need in our hearts.

Will you turn your heart back to God and allow the Holy Spirit to set you free from a trigger-tongue and a worked-up spirit of wrath and anger?

SOLUTION:

#1) Repent to God. (I John 1:9)

#2) Stand On Scriptures. (Psalms 119:11)

#3) Change Your Thoughts. (Philippians 4:8)

#4) Control Your Emotions. (I Cor. 9:27)

#5) Keep Your Eyes On Jesus. (Heb. 12:1&2)

For more info: www.jillwalker.org and www.therevivalchurch.com
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