

Anger and Harsh Words

I sat fuming. Words of someone I loved dearly had hurt to the core and broken my heart. Doing the same thing to them, I lashed back with those same hurtful words. I was angry, upset, and yes, bad thoughts were running rampant through my head.

At times, we all get angry and upset- it doesn't always mean it's right. I had been wrong to return fire in the volley of harsh words, causing strife on both sides. I knew I had to turn to God's Word- words I had read so many times, like this instance, did not heed the advice. The Holy Spirit led me to these verses:

Ephesians 4: 26-32

²⁶ Be ye angry, and sin not: let not the sun go down upon your wrath:

²⁷ Neither give place to the devil.

²⁸ Let him that stole steal no more: but rather let him labor, working with his hands the thing, which is good, that he may have to give to him that needeth.

²⁹ Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

³⁰ And grieve not the Holy Spirit of God, whereby ye are sealed unto the day of redemption.

³¹ Let all bitterness, and wrath, and anger, and clamor, and evil speaking, be put away from you, with all malice:

³² And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

What did I learn?

First, I should have God's love in my heart always. Something not of God should not be coming out of my mouth or in my mind (harsh words and bad thoughts- because God knows all about them- Prov. 15:3)

Second, I should not let the devil manipulate me, because in doing so, I grieved the Holy Spirit.

Third, I need to be careful about my witness. Others are always watching and listening. This includes God! What kind of witness am I being when I lose my temper and act in ways unpleasing to God?

Fourth, make things right. Swallow sinful pride and apologize- before the day ends. Ask God to give guidance on how to do this, so there is no more strife. James 3:17-18 tells us:

17 But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy.

18 And the fruit of righteousness is sown in peace of them that make peace.

John Swonger – Executive Board

Weekly Prayer Points

During the month of **November** we witness the change in the tapestry of God's creation as it changes from many shades of Green to eye catching colors of orange, yellow, purple, and red. As the month progresses the leaves fall from their holder to the earth. Days are shortened as the light of the sun fades earlier and earlier. The winds that blew cool across the face now blow with a chilling touch. With winter soon knocking at the door --- **November** is to be a month of **THANKSGIVING**. Your Prayer Committee asks that with **thanksgiving** daily count our blessings.

*“Be anxious for nothing, but in everything by prayer and supplication, **with thanksgiving** let your requests be made known to God” (Philippians 4:6).*

Heavenly Father, as we come to you this day remind us of Your omnipotence, Your grace, Your mercy, and Your care. In this world that too often seems disjointed, searching and confused; may we be reminded that you are a God of order and purpose! That with the passing of every moment You are accomplishing Your holy and righteous will.

We humbly ask that in this world of much conflict that the “*peace of Christ*” will not only comfort but also be a precious possession of our hearts.

Heavenly Father, you are the one that meets every need of life and we thank You for Your goodness and favor in Jesus name. Amen.

Please pray for these congregations and pastors.

- Mlima Wa Karmeli Igunga Congregation in Tanzania, Africa and Pastor Joseph S. Mwamlima
- Mlima Wa Makimbilo Congregation in Tanzania, Africa and Pastor Elia Abdala Riiumbi

CBC Prayer Committee