

## Anger and Harsh Words

I sat fuming: The 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 and upset, and yes, bad thoughts were running rampant through my head.

Sometimes, we get angry and upset but it doesn't always mean it is right. I had been wrong to return fire in a 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 tells us:

*<sup>26</sup> Be ye angry, and sin not: let not the sun go down upon your wrath:*

*<sup>27</sup> Neither give place to the devil.*

*<sup>28</sup> 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.*

*<sup>29</sup> 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.*

*<sup>30</sup> And grieve not the Holy Spirit of God, whereby ye are sealed unto the day of redemption.*

*<sup>31</sup> Let all bitterness, and wrath, and anger, and clamor, and evil speaking, be put away from you, with all malice.*

*<sup>32</sup> And yea be kind 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: *<sup>17</sup>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." <sup>18</sup>And the fruit of righteousness is sown in peace of them that make peace.*

**John Swonger - CBC Executive Board**

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## **Weekly Prayer Points**

As we walk closer each day to the Father our prayers will begin to line up with the will of the Father. Our goal is to be so intent on His will that our tongues would not even be able to ask for things that are not according to His will! As we delight ourselves in Him, He will put His desires in our hearts so we know how to pray according to His character and will. (Psalm 37:4) Today, let us ask the Father , in agreement with His word, to put His desires in our hearts so we can pray with Him!

### **Please pray for these congregations and pastors:**

- Asher Glade Congregation in Friendsville, MD and Pastor Michael Saturday
- Amazing Grace Worship Center in Uganda

### **CBC Prayer Committee**