

Family Fights

In regards to your call the other day, I am inclosing some scriptures about anger, wrath & the tongue.

We know that if we are honest with the Lord **and give are problems to him and leave them there**, he will help us overcome these problems. **He does use people to help us. It may be through preaching** (this is why it's so important to attend a church) **or just plain instruction. The natural world has many different programs to help us deal with the daily problems that occur during life.** Mind you they don't refer to the trust in the Lord, but nevertheless, **they can help us understand why we act or do the things we do.** Now you combine this, with the grace and guidance of the Lord and you will see a tremendous difference in our actions.

One of these programs is **Anger Management**, here in Wetaskiwin it's run by the Catholic Social Services. Where you're at, I'm not sure, but know they have one. I highly recommend it. In our training on Domestic Violence they said there were two types of anger offenders. The Pit Bull type and the Cobra type.

Pit Bull

They drew a picture **of a high rolling hill**, the start being the bottom of the hill and the top being the boiling point of your anger. **With this type, as you go up the hill you get angry slowly, but also get over it slowly.** But this is the **easiest type to master (if you want)** as you have lots of tell tale signs building up to the boiling point. When we start up the hill of anger, we can tell were getting angry. This allows us ample warning to take a time out, walk, run, have a cold shower, or whatever, in order to calm down and thus the hill can be leveled out and have no boiling point.

Cobra

Draw a picture of a **very steep and pointed hill**, the start and boiling point is the same as the Pit Bull

The Cobra type is **quick to anger, you push the wrong button and for no apparent reason their boiling, but just as quick they calm down. Unfortunately** they also figure the spouse should calm down just as fast and go on like nothing happened.

Now I can relate to this type, but they never had any programs for this years ago. I heard preaching about, don't let the sun go down on your wrath. Well, this was no problem for me, because I don't think I ever stayed mad more then 10 minutes.

But by then the damage was done, as my wife is the Pit Bull type. **Once a word is spoken in anger, it cuts and even tho your sorry, it can never be taken back as tho it was never said.**

You see why I say it's so important to read Gods word for yourself, pray with all honesty, give your problems to Jesus and leave them there and then of course trust God for the answer, in other words have faith.

Jam 3:5 Even so the tongue is a little member, and boasteth great things. **Behold, how great a matter a little fire kindleth!**

Jam 3:6 And the tongue is a fire, a world of iniquity: so is the tongue among our members, that it **defileth the whole body, and setteth on fire the course of nature;** and it is set on fire of hell.

Jam 3:8 **But the tongue can no man tame;** it is an unruly evil, full of deadly poison. “

BUT JESUS CAN “ if you let him!

Jam 3:9 Therewith bless we God, even the Father; and therewith curse we men, which are made after the similitude of God.

Jam 3:10 **Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be.**

Only as we turn it over to God can this be accomplished. **Just remember**, we are under the GRACE of GOD Not the Law.

Eph 4:26 BE YE ANGRY, AND SIN NOT: let not the sun go down upon your wrath:

Eph 4:27 Neither give place to the devil.

Heb 12:9 **Furthermore we have had fathers of our flesh which corrected us, and we gave them reverence: shall we not much rather be in subjection unto the Father of spirits, and live?**

Heb 12:10 For they verily for a few days chastened us after their own pleasure; **but he for our profit, that we might be partakers of his holiness.**

Heb 12:11 Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby.

Rom 13:5 Wherefore ye must needs be subject, not only for wrath, but also for conscience sake.

Gal 6:9 And let us not be weary in well doing: for in due season we shall reap, if we faint not. **In other words don't expect to be changed overnight, your seed of anger grew since birth. The seed of control, won't take that long, but it will take some testing and trying times.**

Gods direction, correction and blessing

Bro Ken