

Pleasant View Proclaimer

Pleasant View church of Christ

Putting Anger In Its Place

July 22, 2018

Issue 371

Think about the last time you were angry. Who received the brunt of your anger? What provoked your anger? How did you use your anger? A family counselor once suggested that couples should plan their arguments. As soon as emotions start to run high, stop and say, "Let's fight about this next Monday." The point the counselor was making is that we tend to argue over things that will not matter a few days from now. The Bible has a lot to say about anger. Let's consider a few of them:

(1). *Anger is not inherently sinful.* Ephesians 4:26 states: "Be angry, and yet do not sin; do not let the sun go down on your an-

ger." Paul assumed you would be angry from time to time. Anger is a natural human emotion.

(2). *You shouldn't get angry quickly.* Proverbs 16:32: "He who is slow to anger is better than the mighty, and he who rules his spirit, than he who captures a city." Men often value a quick-tempered demeanor. They think it is a sign of masculinity. But a quick-tempered man is just a man who cannot restrain himself, and that is no virtue.

(3). *Let it go.* Notice the end of the Ephesians 4 quote above—"...do not let the sun go down on your anger." Carrying anger with you creates bitterness—old

anger. If you carry anger from day to day, your heart will harden.

(4). *Don't stir up anger in others.* Paul commanded fathers not to "provoke" their children to anger (Eph. 6:4; Col. 3:21). Christians should be known as encouragers, not people who berate and belittle.

(5). *Avoid angry people.* Proverbs 22:24: "Do not associate with a man given to anger; or go with a hot-tempered man." Every person you allow into your daily activities will influence your heart and mind. Avoid the hot-headed. Favor the warm-hearted.

James Hayes

Items of Note:

- Next Sunday is our building fund contribution
- Doug Demonbreum is still being treated for his heart condition.
- Canetha Walker is still receiving hospice care.
- Randy Baker is cancer free!
- Randy Gupton is still being treated for cancer.
- Next Sunday night after service we will have a finger food meal at the building.

Morning Sermon: "Back To The Basics: Acapella Music"

Evening Sermon: "Moving Forward While Going Back"

THOSE WHO WILL SERVE THE CONGREGATION

Sunday School

Read: Garrett

Pray: E. Walker

Morning Worship

Wait on the Table: Reed

Serve: Smith, J. Demonbreum, Brown

Pray: Billingsley

Pleasant View church of Christ
2500 Highway 49 East
P.O. Box 189
Pleasant View, TN 37146

Sunday School: 9:30
A.M. Worship: 10:30
P.M. Worship: 6:00
Wednesday Bible Study: 7:00 pm
Phone: 924-9714

Genesis 1:1
"In the beginning God
created the heavens and the
earth."

*"Heaven goes by favor. If it went by merit, you
would stay out and your dog would go in."*

Mark Twain

*"I can safely say, on the authority that all is re-
vealed in the word of God, that any man or
woman who is bored and turned off by worship
is not ready for heaven."*

A.W. Tozer

Change Is Not A Four-Letter Word

Patterns are comfortable. Since life is so unpredictable, it is nice to know that some things will always be in their place. You have your favorite vacation spots. You buy your groceries from the same store. And so on. But when your child's favorite teacher gets fired, or when you have to move because you got laid off, stress rules your day. To be able to navigate through life without being wrecked by life's sudden changes, consider these principles:

(1). *Expect things to change.* It's a lot easier to handle any difficult situation if you prepared for it. Life cannot be scripted, so stop trying to script it. Plan your day, but know that you cannot dictate the future.

James said that our plans should come with a disclaimer: "If the Lord wills..." (James 4:15).

(2). *Initiate positive changes.* Two important words in Scripture are "repent" and "convert." Both words essentially mean "to change." A lost person needs to change their spiritual condition by obeying the gospel; that's conversion. We should all repent by changing the way we think about sin and therefore change how we behave. Christians should constantly be changing into the likeness of Christ.

(3). *Change is not inherently sinful.* Some people bristle at any suggestion of change. They immediately try to make their comfort zone a bibli-

cally mandated way of living. But that is not an attitude of faith; that is an attitude of fear.

(4). *Avoid unnecessary changes.* Boredom, wealth, and newfound freedom are all breeding grounds for foolish changes. The bored man decides to change wives. The wealthy man wastes his money on lavish luxuries. The 21-year-old feels compelled to "live it up" now that he is legally free to indulge in certain worldly activities. All changes one makes should be God-honoring and soul-nourishing.

Make positive changes today. Become more like Christ.

James Hayes
