

Faith News

A bi-monthly publication of Spirit of Faith Church



Equip, Encourage, Empower!

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SPIRIT OF FAITH CHURCH



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In association with Spirit of Faith International, USA
a.k.a. John Roughton Ministries Inc.
www.sofi.life

SUNDAY

Worship & the Word	10:30 am
Prayer & Praise	5:30 pm*
Covenant Kids	10:30 am
Nagamese Service	2:30 pm

WEDNESDAY

Pastor's Bible Study	5:30 pm
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SATURDAY

Corporate prayer	6:30 am
RGenX (Youth/young adults)	4:30 pm

*As announced



John Roughton

Deuteronomy 30:19

I call heaven and earth to witness against you today, that I have set before you life and death, blessing and curse. Therefore choose life, that you and your offspring may live

Joshua 24:15

...choose this day whom you will serve...But as for me and my house, we will serve the LORD.

God has given each of us the power to choose. He created us with a free-will. We are not animals who live only by instinct. We are not robots that have been pre-programmed to follow a set of instructions. We are human beings who can think for ourselves and decide the actions we take.

God does not force us to obey him. He will never override or countermand your will. If you willingly choose to do wrong, he will not stop you. He may deal with you to dissuade you, but ultimately it's your call. When Adam & Eve took hold of the forbidden fruit, God didn't slap it out of their hands and say, "I told you no!" Though he knew it was wrong, he let them choose — but they had to live with that choice.

For every choice, there is a consequence. For
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every action, a reaction. God told Israel, "If you keep my commands, you will be blessed. But if you break my laws, things won't go well for you." Whether or not they were blessed, was not God's choice — it was theirs.

God said, "**I set before you life and death.**" It was a binary choice. There were only two options: yes/no, right/wrong. There was no third alternative selection. "Can I partly obey and still be fully blessed?" — No. And what he set before them required a response, they had to answer. And it wasn't a trick question. God even gave them the correct answer: **choose life.**

**FOR EVERY CHOICE,
THERE IS A CONSEQUENCE
FOR EVERY ACTION,
A REACTION.**

Yet over and over again, the Israelites chose the curse instead of blessing. Why would anyone choose death?

Deuteronomy 5:29 (NKJV)

Oh, that they had such a heart in them that

they would fear Me and always keep all My commandments, that it might be well with them and with their children forever!

It was a heart issue. The heart of the problem was a problem of the heart. On the inside, they were dead to God. Their inward nature was sinful. They didn't *have* to sin, but it was their tendency and inclination. It was their default setting. That means nature is stronger than regulations.

But in Christ, we have a new spiritual nature. That's the miracle of the new birth.

Romans 8:2

For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death.

We could replace the word **law** with the word **nature** to better understand this verse: The *nature* of **life** (given by the Spirit) has set us free from the *nature* of sin and death. The Greek word for life in this verse is *zōē*, which is the quality and character of God. God put the right heart within us to fear him and follow him.

But it is still a choice —it is not automatic. We can yield to carnal temptations or we can listen to *zōē* in our hearts. That's why we're instructed to walk not according to the flesh, but according to the spirit in **v.4**.

And being saved doesn't necessarily exempt us from the results of our actions. There are still consequences for our choices. Though we are ambassadors for Christ, we don't have diplomatic immunity in this world. If I rob the bank, I can ask God to forgive me, but it's unlikely the police will.

Galatians 6:7 is written to Christians, **for**

whatever one sows, that will he also reap.

If we do wrong, wrong things will happen in our lives. But **v.9** says if we continue to do good, **in due season we will reap**. In other words, good things will come back to us. (By the way, that's not karma, which is a Hindu concept. Karma means being reincarnated in a higher or lower life form, which is false).

**IT WAS A HEART ISSUE.
THE HEART OF THE PROBLEM
WAS A PROBLEM
OF THE HEART.**

Thank God for his abundant mercy! Love covers over a multitude of sins. If you let him, God can straighten out the messes you have made for yourself. But it's just much better not to sow any bad seed in the first place and avoid all the drama. If you fall, God can restore you, but it's best not to fall. If you can believe God for mercy after you sin, why not believe him for the strength to resist temptation so you won't sin.

David committed adultery with Bathsheba. When confronted with his sin, he quickly repented and God immediately forgave him. But Nathan the prophet told him in **2 Samuel 12:10, the sword shall never depart from your house**. That one reckless decision affected his entire family across several generations.

In many ways, your life is the sum total of all the choices you have made. Joshua said, **Choose today whom you will serve**. You're saved because you chose Jesus. You responded positively to the gospel message. That's why Billy Graham's ministry magazine was called, "Decision." You're here in this

place because you chose to attend this service. If you're not happy with where you are spiritually — don't blame God. It's your choice.

GOD WILL NOT MAKE YOUR CHOICES FOR YOU. BUT HE WILL GUIDE YOU AND HELP YOU TO MAKE THE RIGHT CHOICE.

In **Psalm 34:1** David said, **I will bless the LORD at all times; his praise shall continually be in my mouth.** He didn't say, "If the Lord makes me do it, I'll praise him." No, he said, **I will.** In every church service some people choose to worship God and some choose not to. God expects you to make the choice to rejoice everyday— even when in the natural you don't really want to.

In **John 20:25** Thomas said, "Unless I see the risen Christ and touch him, **I will not believe.**" He didn't say, "I can't believe," but "I won't." You can choose to believe God's Word, regardless of what you see or don't see, feel or don't feel. Take God at his Word.

Now there are many things you didn't choose — but you will not be held accountable for those things. You can't choose your family, but you can choose your friends. Perhaps you didn't choose your native language, but you can choose the words you speak. You can't control how others behave, but you can control your own behavior. You may not choose every situation you face, but you can choose how to respond in every situation.

Psalm 25:12

Who is the man who fears the LORD? Him

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will he instruct in the way that he should choose.

God will not make your choices for you. But he will guide you and help you to make the right choice. You can't abdicate your responsibility and let others choose for you. You'll have to decide for yourself. As a child, others decided most things for you. But when you became an adult, you put away childish ways. Now you are responsible — response+able.

Joel 3:14 says, **Multitudes, multitudes, in the valley of decision!**

Certain defining moments in life call for a decision —when we have no choice but to make a choice. But many struggle with indecision. Don't let fear of failure prevent you from making a choice. I'd rather try and fail, than live with regret because I never tried.

Most people glide through the easy decisions —the ones that are of little consequence: tea or coffee? veg or non-veg? (Although some people have a difficult time even then.) Almost everyone can work through a win/win situation when either choice brings a positive result. But many struggle making tough choices, when it seems neither alternative is very good. The tough choices are also when we have to give up something we want to gain something even better. Or when doing what is right is unpopular or unpleasant.

There are times when it's easy to obey God. Everyone around you is encouraging you to do the right thing, and it's obvious that the outcome will be good. But unfortunately, that's not always the case. There are times when it costs you to do God's will. But those

are the times when your devotion is tested and your faithfulness is proven.

Three things that make a decision tough are: *pressure, pleasure, and pain.*

The enemy and the world will pressure you to compromise. They use threats and intimidation. They hurl accusations at you. They call you names and try to make you look foolish. But if the devil is pressuring you —there’s a reason why. He knows that choice will hurt his operation, his kingdom, it will foil his plans —that’s why he’s trying to stop you.

God told Nehemiah to rebuild the broken walls around Jerusalem. The Lord gave him favor with the Persian King, Artaxerxes. But **Nehemiah 2:10** says, **when Sanballat the Horonite and Tobiah the Ammonite servant heard this, it displeased them greatly.** Not everyone will rejoice when you obey God. Nehemiah rallied to people of Jerusalem to build the wall but in **v.19**, Sanballat and Tobiah jeered at them or taunted them. (ERV) **They made fun of us in a very ugly way.** But Nehemiah kept building.

Work progressed but Sanballat and his friends were very angry and plotted to attack the workers (**Neh. 4:7-8**). So Nehemiah set up guards around the perimeter of the wall.

NOT EVERYONE WILL REJOICE WHEN YOU OBEY GOD.

Then in **Nehemiah 6:2** Sanballat and his

friends said, “Come meet with us, we want to discuss this with you.” Nehemiah replied in **v.3**, **I am doing a great work and I cannot come down. Why should the work stop while I leave it and come down to you?** It was a trick, but he didn’t fall for it. They tried four times to distract him. Some people are very persistent.

Then another fellow said to Nehemiah, “We need to meet in secret inside the temple, because these people are intending to kill you.” But Nehemiah knew it was a ploy. Sanballat had actually hired him. So Nehemiah said in **Nehemiah 6:10**, **should such a man as I run away?** He refused to be intimidated or afraid.

While Nehemiah was back in Babylon, Eliashib, the priest, gave Tobiah a room inside the temple. He was related to Tobiah. When Nehemiah returned, he threw Tobiah and all his furniture out on the street. The man was trying to worm his way inside to create mischief.

But regardless of the opposition he faced, Nehemiah kept on going until the wall was finished. And that’s the kind of resolve we need to do God’s will.

We all face tough choices.

Hebrews 11:24-25

By faith Moses, when he was grown up, refused to be called the son of Pharaoh’s daughter, choosing rather to be mistreated with the people of God than to enjoy the fleeting pleasures of sin.

Moses decided to leave the lavish palace lifestyle in order to become a spokesman for the slave brick-makers. He chose pain over pleasure. That decision cost him, he had to

give something up. But in the long run, it was worth it.

In Luke 9:23 Jesus said, **If anyone would come after me, let him deny himself and take up his cross daily and follow me.**

We all want to enjoy close fellowship with the Lord, we want to be more like Jesus. But there's a price to pay. The word **deny** means to forget yourself, to lose sight of your own interests. To **take up** the cross means choosing God's will over your own, even when it hurts.

Lastly, consider the three Hebrews: Shadrach, Meshach, and Abednego. Nebuchadnezzar, the king of Babylon, erected an idol and demanded that everyone bow down and worship it.

When the music played, everyone bowed down — except these three. That means there were other Jews there who chose to dishonor their God, the living God, by paying homage to a false god. They knew it was wrong, but they decided to save their own necks instead.

But these three made the tough choice to remain standing while thousands around them bowed.

Nebuchadnezzar was furious. He gave them a binary choice: worship the idol or die in a fiery furnace. They answered in **Daniel 3:16, O Nebuchadnezzar, we have no need to answer you in this matter.** (Message) **Your threat means nothing to us.** They didn't try to talk their way out of it. "I have a back problem, I have difficulty bowing. I bowed real quick, I think your men didn't notice."

v.17-18

If this be so, our God whom we serve is able to deliver us from the burning fiery furnace, and he will deliver us out of your hand, O king. But if not, be it known to you, O king, that we will not serve your gods or worship the golden image that you have set up.

They boldly said, "Our God is able to deliver us." Then they added, "And even if he doesn't, we still won't bow down." First they confessed their faith and then their dedication. It's easy for us to imagine that we wouldn't bow down either — but we know how the story ends. They didn't.

They didn't say, "As long as we are assured that God protects us and no harm comes to us — then we won't worship your idol. But if he doesn't, then we might consider it."

**AND GOD SAID,
"SON, IF YOU
DON'T BOW, I'LL SEE TO
IT THAT YOU DON'T BURN."**

No, they made the tough choice first, then God backed them up. They said, "We may burn, but we will never bow." And God said, "Son, if you don't bow, I'll see to it that you don't burn." (FN)

प्रार्थना

प्रार्थना

भजन संहिता 116:12

मैं यहोवा से प्रेम रखता हूँ इसलिए कि यहोवा ने मेरे गिड़गिड़ाने को सुना है। उसने जो मेरी ओर कान लगाया है इसलिए मैं जीवन भर उसको पुकारा करूँगा। परमेश्वर का वचन हमें लगातार प्रार्थना करने को प्रोत्साहित करता है। आपको यह जानने और विश्वास करने की जरूरत है कि परमेश्वर हमें सुनता है जब हम उन्हें पुकारते हैं। हमें प्रार्थना करने के लिए आमंत्रित किया गया है - यह एक ज़िम्मेदारी से बड़कर है यह हमारा सौभाग्य है।

यिर्मयाह 29:12-13

तब उस समय तुम मुझ को पुकारोगे और आकर मुझ से प्रार्थना करोगे और मैं तुम्हारी सुनूँगा। तुम मुझे दूँदोगे और पाओगे भी क्योंकि तुम अपने सम्पूर्ण मन से मेरे पास आओगे।

ये मूँह से बोले जाने वाले खाली शब्द नहीं हैं जिन्हें परमेश्वर सुनता है। यह हमारे दिल से निकलने वाली सच्ची और तीव्र पुकार है। भजन संहिता 145:18 बताता है जितने यहोवा को पुकारते हैं अर्थात् जितने उसको सच्चाई से पुकारते हैं वह उन सभी के निकट रहता है। दूसरा अनुवाद कहता है “जो कोई उसको निष्ठा से पुकारता है।” शायद एक चीज है जो प्रार्थना ना करने से भी ज्यादा खतरनाक है और वो है लापरवाह प्रार्थना - ऐसी बातें कहना जो आसपास के सुनने वालों को उचित लग सकता है लेकिन वो हमारे जीवन में कुछ मायने नहीं रखते। बेहतर यह होगा कि हम कम बोलें और ज्यादा मायने रखें इसके बजाय कि ज्यादा बोलें और कम मायने रखें।

बाइबल में हमें प्रार्थना करने के लिए उत्साहित किया गया है

प्रार्थना के साधारण से शब्दों को उच्चारण करने को नहीं कहा गया है। याद किये गए पंक्तियों को आँख बंद करके उच्चारण करना प्रार्थना नहीं है बल्कि यह एक धार्मिक रीति विधि है। प्रार्थना परमेश्वर के साथ बात करना है केवल परमेश्वर के विषय में बात करना नहीं है। प्रार्थना मसीही जीवन का बुनियादी हिस्सा है। मार्टिन लूथर : बिना सांस लिए जीवित रहने की तुलना में बिना प्रार्थना के मसीही होना असंभव है।

इब्रानी भाषा में सांस के लिए शब्द नेफेश और प्रार्थना के लिए जो शब्द है उसमें एक संबंध है। प्रार्थना हमारे लिए उतना ही स्वभाविक होना चाहिए जितना सांस लेना। हममें से कोई भी केवल रविवार की सुबह ही सांस नहीं लेते हैं। हममें से कोई भी हमारे बदले सांस लेने के लिए दुसरो पर आशा नहीं रखते हैं। हम खुद अपने लिए सांस लेते हैं। वैसा ही प्रार्थना के साथ भी है।

कितनी देर तक हमें प्रार्थना करनी चाहिए? स्मिथ विगल्सवर्थ ने कहा मैं कभी भी तीस मिनट तक प्रार्थना नहीं करता लेकिन साथ ही मैं कभी भी तीस मिनट तक बिना प्रार्थना के नहीं रहता।

इसलिए प्रार्थना हमारी आदत होनी चाहिए एक ऐसी चीज जिसे हम हर दिन बिना विफल हुए करते हैं। 1 थिस्तुनीर्कियों 5:17 कहता है बिना विफल हुए प्रार्थना करो। युनानी भाषा कहता है “बिना विराम लिए।” जब आप सो रहे हो तब कोई भी आपसे प्रार्थना करने की उम्मीद नहीं करता लेकिन जब आप प्रार्थना कर रहे हो तब कोई भी आपसे सोने की उम्मीद नहीं करता। प्रार्थना करने से कभी भी छुट्टी न लो।

बिना प्रार्थना का दिन बिना आशीष का दिन होता है और

बिना प्रार्थना का जीवन बिना सामर्थ का जीवन होता है। एडविन हार्वे बहुत सारे मसीही केवल मुसीबत के समय खतरनाक परिस्थिती में ही प्रार्थना करते हैं। लेकिन ऐसा करना इन दो कारणों से गलत है : पहला परमेश्वर की सहायता हमारे लिये जीवन के हर दुनियावी मामलों में भी उपलब्ध है उसके लिए आपातकालीन स्थिति आने की जरूरत नहीं है। प्रभु को पुकारना आपातकालीन नम्बर 911 डायल करने जैसा नहीं होना चाहिए। दूसरा क्योंकि प्रार्थना मांगने से कहीं बढ़कर है।

यह आपके स्वर्गीय पिता के साथ बातचीत करना है। मेरे ऐसे मित्र हैं जो मुझसे केवल तभी सम्पर्क करते हैं जब उनको मुझसे कुछ मदद चाहिए। लेकिन मेरे परम मित्र मुझसे कोई विशेष कारण न होने पर भी बात करते हैं।

प्रार्थना एक तरफा बातचीत से बढ़कर होना चाहिए इसे दो तरफा होना चाहिए। एक गहरी प्रार्थना बातचीत होती है। अधिकांश समय हम सुन नहीं पाते क्योंकि हम सुनने के लिए चुप नहीं होते।

क्रेनिथ कोपलेंड एक दिन लगातार बिना रुके प्रार्थना कर रहे थे। तब एक विचार उनके अन्दर आया “यहां पर मैं एक ऐसा व्यक्ति हूँ जो कुछ भी नहीं जानता और ऐसे परमेश्वर के साथ बातचीत कर रहा

हूँ जो सब कुछ जानता है। और मैं जो कुछ भी नहीं जानता हूँ सिर्फ मैं ही बोल रहा हूँ” इसलिए उन्होंने चुप होने का फैसला लिया।।। और तब प्रभु ने कहा “आखिरकार” अधिकांश समय हमारी प्रार्थना प्रभावशाली नहीं होती क्यों कि हम अधीर होते हैं। हम प्रार्थना खतम करने की जल्दबाजी में होते हैं ताकि हम किसी और काम के लिए जा सकें। हमें जो कहना होता है उसे कह देते हैं और फिर जल्दबाजी में भाग जाते हैं। लेकिन यशायाह 28:16 कहता है जो कोई भी विश्वास करता है वह जल्दीबाजी में नहीं होगा।

प्रार्थना एक प्राथमिकता होनी चाहिए। एक ऐसी चीज जिस के लिए हम समय निकालते हैं।

मार्टिन लूथर : काम काम सुबह से लेकर देर रात तक काम। वास्तव में मेरे पास इतना काम है कि मुझे पहला तीन घण्टा प्रार्थना में बिताना जरूरी है

जितना हम व्यस्त होते हैं उतना ज्यादा हमें हासिल करना होता है तो उतना ही ज्यादा हमें प्रार्थना करना चाहिए। मैंने कई बार देखा है कि दिन के शुरूआत में जितना कम मैं

प्रार्थना करता हूँ दिन के अंत तक उतना ही कम हासिल कर पाता हूँ।

पॉल वाई चो ने प्रार्थना को अपनी प्राथमिकता बनाया। उन्होंने हर दिन प्रार्थना में कई घण्टे बिताए। एक दिन कॉरिया के राष्ट्रपति ने उनसे बात करने के लिए चर्च ऑफिस में कॉल किया। उनके सेक्रेटरी ने जवाब दिया वो अभी एक मीटिंग में हैं। वह फोन पर नहीं आ सकते। राष्ट्रपति ने कहा “उसे कहो कि कोरिया का राष्ट्रपति है।” फिर सेक्रेटरी ने कहा “हाँ लेकिन इस समय वह अभी राजाओं के राजा के साथ बात कर रहे हैं।”

लियोनार्ड रेवेन्हील कोई भी आदमी अपने प्रार्थना जीवन से अधिक बड़ा नहीं होता।

कुलुसियों 4:2

प्रार्थना में लगे रहो और धन्यवाद के साथ उस में जागृत रहो।

युनानी भाषा में लगे रहो का मतलब है पूरा ध्यान देना और किसी चीज के प्रति समर्पित होना लगे रहना नहीं छोड़ना। शब्द जागृत रहो का मतलब है जागते रहना और सतर्क रहना। प्रार्थना करने में

आलसी न रहो। अगर अपनी गाड़ी चलाते समय ड्राइविंग व्हील पर आप सोने लगे तो सम्भवतः इसका परिणाम दुर्घटना ही होगा। जब आपको प्रार्थना करनी चाहिए तब सो मत जाओ।

और पौलुस कहते हैं कि हमें अपनी प्रार्थनाओं में धन्यावाद शामिल करना चाहिए। आपकी विनती और स्तुती के बीच में संतुलन होना चाहिए। हमारी प्रार्थनाओं में समर्पण होना जरूरी है। प्रार्थना करना परमेश्वर से केवल कुछ चीजों की मांग करना ही नहीं है यह परमेश्वर को अपने में से कुछ देना भी है।

कुछ ऐसी चीजे भी है जिन्हें केवल प्रार्थना के द्वारा ही प्राप्त किया जा सकता है। प्रार्थना के द्वारा कुछ बोझ है जो हटाए जाते है समर्पण है जो किए जाते है क्षमा है जो प्राप्त किए जाते है।

और आराधना क्या है अगर यह प्रार्थना नहीं है तो?



ANGER A-A DESTRUCTIVE FORCE

John Roughton

Ephesians 4:26

Be angry and do not sin; do not let the sun go down on your anger

It is not a sin to be, some things should make you angry. But in the heated emotion of anger, it is easy to say and do things which you know are wrong. Speak when you are angry and you will make the best speech you'll ever regret.

(Voice) **When you are angry, don't let it carry you into sin.**

Anger can take you places where you don't want to go.

James 1:19 says we should be, **slow to anger.**

In other words, don't have a short fuse. Don't be the kind of person who quickly flies into a rage over the smallest infraction.

There is such a thing as righteous indignation—a holy anger. When Jesus drove out the money changers in the temple he was upset. **John 2:17** says, **Zeal for your house will consume me.** But Jesus dealt with the problem. He didn't allow anger to linger in his soul.

On another occasion, the disciples tried to prevent little children from coming to him. **Mark 10:14** says, **But when Jesus saw it, he was indignant.** That means he was annoyed. He was aggravated because some folks were

from coming to him. (Some people do that even today.) He sternly corrected his disciples, but he didn't "fly off the handle" and rant and rave like a lunatic! And he certainly didn't transfer that anger to the children.

But most Christians aren't expressing righteous indignation, it's just fleshly anger.

Galatians 5:19,20

Now the works of the flesh are evident... fits of anger.

A hot temper indicates you are not walking in the spirit. You are letting the fallen human nature in the flesh dominate you. In other words, being angry all the time is not a sign of spirituality.

James 1:20

for the anger of man does not produce the righteousness of God.

(NIRV) **A man's anger doesn't produce the kind of life God wants.**

God doesn't use human anger to advance his kingdom. In the four gospels, I never read where Jesus said, "I'm angry at the devil today!" We make a mistake by giving the enemy too much attention. He is a defeated foe. Resist him, and he'll scam!

Ephesians 4:26 says, **do not let the sun go down on your anger.** It's not necessarily a sin to be angry, but don't stay angry. Don't go to

bed angry. Resolve the problem quickly and move on.

Notice **v.27, and give no opportunity to the devil.** Anger can open the door to the enemy and give him access to wreak havoc in our lives. Anger is a destructive force.

In the spring of 1894, the Baltimore Orioles came to Boston to play a routine American baseball game. The Orioles' John McGraw got into a fight with the Boston third baseman. Within minutes all the players from both teams had joined in the brawl. The fighting quickly spread to the grandstands. In the riot someone set fire to the stands and the entire ballpark burned to the ground. The blaze spread, eventually, 107 other buildings in Boston were burned to cinders.

Anger can burn your marriage to a crisp, it can burn your family to the ground. Uncontrolled anger can destroy everything you hold dear.

Matthew 5:21,22

You have heard that it was said to those of old, 'You shall not murder; and whoever murders will be liable to judgment.'

But I say to you that everyone who is angry with his brother will be liable to judgment;

This is a warning against being angry at others. The word "anger" is only one letter short of the word, "danger." The Old Testament law dealt with outward behavior. But Jesus dealt with the inward attitude. Why do people commit murder? One of the main reasons is anger. If you refuse to be angry, you're not going to kill anyone.

Cain was angry because God accepted his brother's offering and not his own. So he killed him. These days there is much talk about gun control, but Jesus talked about anger control.

Anger is transferable. Your boss shouts at you, so you shout at your wife. The wife shouts at

the child. The child kicks the cat. Don't take out your anger on innocent bystanders. Don't vent your frustrations on your spouse and children.

Don't discipline your children when you're angry. Let your spouse handle the situation or wait until you cool-off and then deal with it. Child correction is acceptable and necessary. Child abuse is wrong.

A woman was bitten by a dog. The doctor said she had rabies and it was incurable. He said she should set her house in order because she was going to die. The woman asked for a pen and paper and began to write. "Are you writing your will?" the doctor asked. "No," she said, "this is a list of people I'm going to bite."

Don't spread your anger to others. Go to God in prayer. Cast all your worries and cares on him. Give your troubles to him, and let him work on it.

"But he makes me so angry!" No one makes you angry. Anger is a choice. You can't choose what others will say to you or how they'll treat you. But you can choose your response. You don't have to react in fleshly anger. You can choose to ignore it. You can choose to respond in kindness.

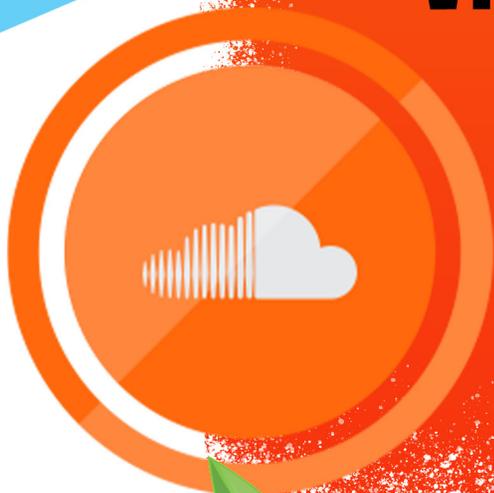
Don't make important, life-changing decisions when you are angry. In a passionate moment, we can act foolishly, doing things that later we wish we had never done. **Psalm 131:2** says, **But I have calmed and quieted my soul, like a weaned child with its mother.** Babies are easily upset. Any problem or discomfort causes them to cry. But as we mature, we find better ways to deal with our problems. Be still and know that he is God.

Often we are angry because we're afraid. But you don't overcome fear with anger. You defeat it with faith. Instead of imagining the worse, see yourself victorious with God's help. Let his peace calm your troubled soul.



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