

In Your Anger, Do Not Sin!

Anger causes us to be moody and mean. It destroys in a moment what it took years to build. We lose our cool and without thinking, blow all the good will that has been built up between us and a neighbor. Anger gets to be a habit. Angry people subject those around them to a constant flow of wrath, harsh words, threats, even violence. Others choose the passive-aggressive route. Though silence and sulking, they punish the one with whom they are angry by withholding themselves from them. Still others' turn their anger inward and live lives of depression and anxiety.



But before we give anger a bad rap, recognize that it is a natural reaction. All of the natural reactions God created in us are good. Anger itself is not sin. So Paul wrote in **Ephesians 4:26**, "Be ye angry, and sin not..." He didn't say not to get angry, but not to sin when we are angry. Anger usually is an emotional reaction that comes in the fact of some perceived wrong doing. It is a signal telling us something is not right. It comes from our need for self-protections. Anger is not wrong in itself. It is the way we use, or express it, that is right or wrong.

Ever heard the phrase, "Good and angry?" The problem is, when most people are good and angry, they are very angry, but not very good. You are not bad because you feel anger. But anger, even when it is justified, does not excuse destructive behavior. Let anger do its proper job. Let it motivate you to stand up against wrong doing, unfairness, injustice. Just be sure you control your anger, rather than letting it control you.

- Greg Cummings, Liberal, KS, via *Bulletin Digest*

*Angry words! O let them never
From the tongue unbridled slip;
May the heart's best impulse ever
Check them ere they soil the lip.*

*Love is much too pure and holy,
Friendship is too sacred far,
For a moment's reckless folly
Thus to desolate and mar.*

*Angry words are lightly spoken,
Bitt'rest tho'ts are rashly stirred,
Brightest links of life are broken,
By a single angry word.*

*"Love one another," thus saith the Savior
Children, obey the Father's blest command.*

Sunday School Teacher, 1867

It only takes a moment to be kind, but the result can last a lifetime.

News & Notes

PLACED MEMBERSHIP: Neva Owen, 451 Lycia Ave., Chester, WV 26034. Phone: 304-387-2500.

NEW ADDRESS: Willard & Rosie Burdine, 686 Westlake Lane, New Cumberland, WV 26047. Phone: 304-564-3168.

SUNDAY EVENING SINGING: Following the worship next Sunday, Nov. 18th.

CARE & SHARE BEARS: Each Tuesday at 9:00 a.m.

PANTRY: Canned fruit. Other items needed to replenish the pantry: Canned vegetables, soup, canned sweet potatoes. Bring a turkey to help needy families at Thanksgiving. Please help in this good work.

REMEMBER IN PRAYER & WITH CARDS: All on the sick and shut-in list. Especially remember: Jim Carbone (Helene Wilson's son-in-law), 98 Orange Blossom Lane, Ranson, WV 25438, Dan Williams, Bette Gentry, Cole Bellon (nephew of Michelle Hanlon), and Mary Powell (friend of Marlene Reynolds), 2136 Sherwood Ave., ELO 43920.

SICK & SHUT-IN: AT HOME: Shirley Beagle, Opal Howell (grandmother of Denise Noland), Don Parsons, Ella Beagle, Diane Robinson, Dan Williams, Bobby Hadley, Taylor Heinselman, Ruth Brewer, Lloyd & Virginia Ferrell, Lloyd Cowdery, Mabel Sprout, Virginia Rickerd, Bette Gentry, Fred & Jean Larrimore, Sr., Fred Larrimore, Jr., Cheryl Stackpole, Betty Dunn. **NURSING HOMES:** Fox: Ray Baker. Calcutta Health Care: Virginia Clutter. Pleasant-view N. Retirement & Rehab., Salem: Ruby Kenney. Weirton Geriatric Center: Edna McKitrick, Ila Plum. Aspen Manor, Wellsburg: Ione Asher.

"My Heart Is Fixed, O God"

In Psalm 57:7, David penned these prayerful thoughts to Jehovah ... "my heart is fixed, O God." What does the word rendered "fixed" in the KJV mean? What was David expressing? Most all the other translations, such as the NKJV, NASV, NRSV, NIV, and NEB render it "steadfast". The CEV translates it "faithful". Brother Roy Deaver, in a lecture he gave on this section of the Psalms, lists "confident and certain" as sort of synonyms or alternate definitions of "fixed".

In the context, David is praising God, concluding the Psalm in verse 11 with these words, "Be thou exalted, O God, above the heavens: let thy glory be above all the earth." That seems to sum up the whole tenor of the thoughts expressed in this particular Psalm. Indeed, the psalmist had a fixation on God and His greatness, affirming that his own heart was fixed on Him. Undoubtedly, he had resolved to be steadfast in his devotion to the Creator, certain and confident as to the direction and goal he himself was taking while living on earth. This is in keeping with what we read from Solomon's pen. "The whole of man is to reverence God and keep His commandments" (Ecclesiastes 12:13).

What about you, friend? How do you feel about God? Is your heart fixed on Him? Is He the object of your spiritual affection? Are you devoted and dedicated to Him, steadfast and faithful? I hope every Christian can address God in prayer and sincerely say the same thing David did in the long ago, "My heart is fixed, O God."

- Maxie B. Boren, via *The Voice of Truth International*