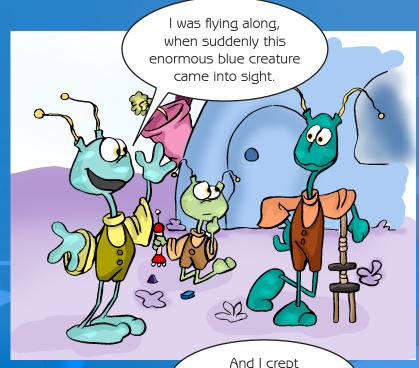
15 It all right to get angry?

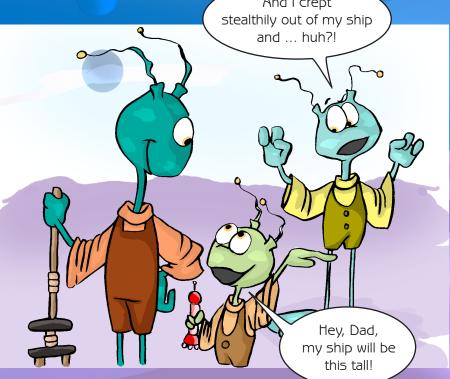


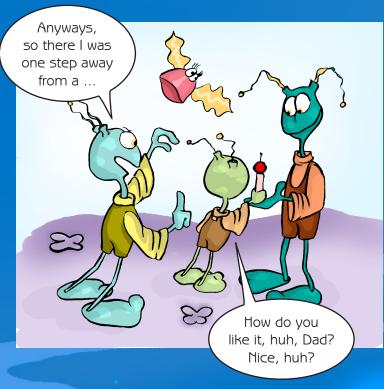
THE BIBLE SAYS, "MY BELOVED BROTHERS, LET EVERY MAN BE SWIFT TO HEAR, SLOW TO SPEAK, SLOW TO WRATH" (JAMES 1:19 AKJV).

ARE YOU QUICK TO PRAISE AND SHOW RESPECT, AND SLOW TO WRATH (ANGER)? WHEN YOU FEEL LIKE GETTING UPSET, WHAT DO YOU DO? DO YOU SLOW DOWN, STOP, AND PRAY, SO THAT YOU CAN ANSWER WITH KINDNESS AND CONSIDERATION? OR DO YOU SAY THE FIRST THING THAT COMES TO YOUR MIND? NO MATTER WHAT THE SITUATION OR CIRCUMSTANCE, THE BEST KIND OF ANSWER YOU CAN GIVE IS A LOVING, CONSIDERATE ANSWER.

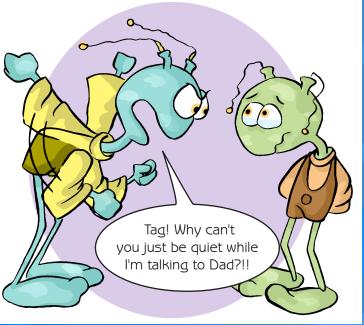








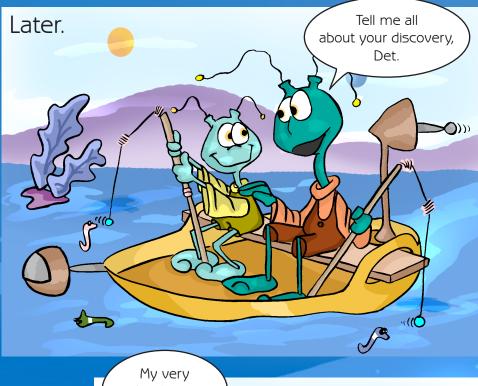




ANSWERING SOMEONE WITH
CONSIDERATION MEANS YOU RESTRAIN
YOURSELF FROM RAISING YOUR VOICE
AND GETTING UPSET, SHOUTING,
ARGUING, YELLING, OR BEING HARSH IN
YOUR COMMUNICATIONS. IT MEANS YOU
CONSIDER THE OTHER PERSON'S FEELINGS.

SHOUTING OR YELLING AT YOUR FRIENDS, OR GETTING UPSET AT YOUR BROTHERS OR SISTERS, OR AT ANYONE, WILL SELDOM HELP YOU GET YOUR WAY. MOST LIKELY, IT WILL ONLY MAKE OTHERS FEEL HURT, ON THE SPOT, HUMILIATED, AND ON THE DEFENSIVE. THINK ABOUT HOW YOU WOULD FEEL IF YOU WERE IN THEIR PLACE AND SOMEONE WERE SHOUTING AND UPSET AT YOU.

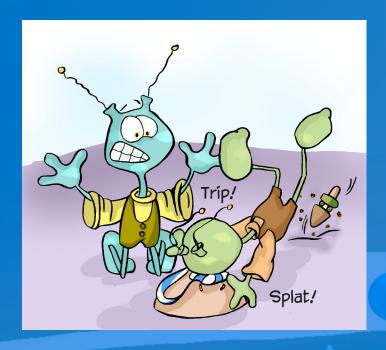




IF SOMEONE HAS WRONGED YOU, WORK IT OUT WITH KINDNESS AND CONSIDERATION FOR THE OTHER PERSON'S FEELINGS. OTHERS ARE MORE LIKELY TO LISTEN TO YOU IF YOU PRESENT YOUR SIDE WITH HUMILITY AND IN THE RIGHT SPIRIT.

YOU CAN PRAY FOR A MEEK AND QUIET SPIRIT, FOR WISDOM AND TACT, AND LOVING KINDNESS AND PATIENCE. YOU CAN ALSO ASK JESUS TO HELP YOU NOT BE TOO QUICK TO JUDGE, OR HARSH IN YOUR SPEECH AND ACTIONS.







HE THAT IS SLOW TO WRATH IS OF GREAT UNDERSTANDING: BUT HE THAT IS HASTY OF SPIRIT EXALTS FOLLY (PROVERBS 14:29 AKJV).

HE THAT HAS NO PULE OVER HIS OWN SPIRIT IS LIKE A CITY THAT IS BROKEN DOWN, AND WITHOUT WALLS (PROVERBS 25:28 AKJV).

And when your foot gets better, we can plant a new bongi plant, and it will be easier, since the hole is already dug.

JESUS CAN GIVE US

PATIENT, CONSIDERATE, KIND, FORGIVING, AND

THE POWER TO BE

SLOW TO ANGER,

ENCOURAGING.

AROUND US.

BEING LOVING AND

CONSIDERATE IN ALL OUR INTERACTIONS

WITH OTHERS WILL HELP US TO HAVE HEALTHY, STRONG FRIENDSHIPS AND RELATIONSHIPS WITH THOSE