

## **Control Our Temper, Before It Controls You**

By: David Burruss

Recently, I had someone tell me about them having a bad temper and made the statement not to worry because it's over in a flash. My thought was "So is a shotgun blast and it blows everything to pieces".

There are far too many Christians that are triggered by the least little things, frequently losing their temper. Anger is like a flame blazing up and consuming our self-control, making us think, say, and do things that we will probably regret later. We must also understand that when we lose our temper that we are not exhibiting a Godly attitude. "A quick-tempered man acts foolishly, and a man of wicked intentions is hated." (Proverbs 14:17).

We have a wonderful tool that is available to ALL that teaches us the importance of practicing self-control and that tool my friends is the Bible. It is listed as the "fruit of the spirit" in Galatians 5:22-23, and it is found in II Peter 1:6 in what is referred to as the "Christian Graces". One of our weapons that we have against the world is our self-control, so it is important that we are practicing self-control, which involves controlling our temper. The wise man Solomon said, "A fool vents all his feelings, but a wise man holds them back." (Proverbs 29:11). When we constantly lose our temper, it is a sign of weakness and it's a poor reflection of Christ in our lives when we fly off the handle. We have the perfect example to follow and that is Christ, "Who committed no sin, nor was deceit found in His mouth; who, when He was reviled, did not revile in return; when He suffered, He did not threaten, but committed Himself to Him who judges righteously." (1 Peter 2:22-23).

As Christians we must learn to be calm, serious and to follow the advice of James where he said, "So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath." (James 1:19). So, let's all strive to think twice before we speak, because losing our temper, and speaking our minds will only make matters worse.