

Dealing with Anger

Bible Reading: Ephesians 4:11-32

Many of us have a hard time dealing with anger. Some of us have a history of rage, so we try to stifle our feelings. Others of us stuff down the feelings of anger, pretending they don't exist, because we were never allowed to express them in the past. If not knowing how to express anger properly is a serious problem for us, we may avoid trying to deal with it altogether. We may try to "put it off" and hope it goes away. Evaluating how to deal with anger appropriately is an important part of our daily inventory.

The apostle Paul said, "Don't sin by letting anger control you. Don't let the sun go down while you are still angry, for anger gives a foothold to the devil" (Ephesians 4:26-27). One key is to have daily time limits for handling our anger-time to find ways to express the feelings and then let them go. Dealing with anger promptly is important because when it is left to fester, it becomes bitterness. Bitterness is anger that has been buried and given time to grow. The Bible warns us: "Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you" (Ephesians 4:31-32).

Remember to **HALT** – don't allow yourself to become too Hungry, Angry, Lonely, or Tired. These open the door to sinful actions.

H.A.L.T.

Hungry? Angry? Lonely? Tired?

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Getting Even

I have lost many of my resentments. I have found that getting even with people doesn't do any good. When we try to get revenge, instead of making us feel better, it leaves us frustrated and cheated. Instead of punishing our enemies, we've only hurt our own peace of mind. It does not pay to nurse a grudge; it hurts us more than anyone else. Hate causes frustration, inner conflict, and neurosis. If we give out hate, we will become hateful. If we're resentful, we will be resented. If we do not like people, we will not be liked by people. Revengefulness is a powerful poison in our systems. Have you lost your resentments?

Meditation for Today

It is not so much you, as the grace of God that is in you, that helps those around you. If you would help even those you dislike, you have to see that there is nothing in you to block the way, to keep God's grace from using you. Your own pride and selfishness are the greatest blocks. Keep those out of the way and God's grace will flow through you into the lives of others. Then all who come in contact with you can be helped in some way. Keep the channel open, free from those things that make your life futile and ineffective.

The Need to Train

Ephesians 4:31-32 A Christian life is committed to knowing God better through prayer and meditation on his Word. In examining our lives, we realize just how demanding God's standards for righteous living are. But since it is God's grace that helps us conform to his will, we need not despair. As we obey him, he will teach us to live without bitterness, anger, or harsh words. God is in the business of healing our relationships. When we do things his way, we are well on the way to rebuilding relationships with our alienated friends and building solid foundations for spiritual growth.

Just for Today the Choice is Mine

Just for today I will try to live through this day only, not tackling all of my problems at once. I can do something at this moment that would discourage me if I had to continue it for a lifetime.



1. What motivated Moses to break the tablets of the Ten Commandments?
2. What important edict related to Jewish Destiny did Artaxerxes decree in 445 BC?
3. What nation does prophecy say will be defeated by Israel aided by an earthquake?
4. Who was Jonathan's best friend?
5. Over what length of time did Jesus appear to his disciples after his resurrection?
6. What were the last words of Jesus on the cross recorded in Matthew and Mark?
7. Which book in the NT describes the required characteristics of deacons?

Announcements

- There will be no Wednesday night meal & study Nov 24th or Dec 22nd.
- **Bulletin Updates:** please email to bob_queenan@yahoo.com or text 208-403-3547.

Calendar

Dec 18th Senior Fellowship Breakfast @ 10:30 at the building. Seniors, pre-seniors, caregivers, and support folks welcome.



- Pray for Kent Niles; his wife Ingrid passed away Friday.
- Pray for Carolyn Yates; her husband Skip passed away Friday
- Pray for Darcy King's 80 year old Dad, who fell and broke his hip.
- Pray for Cody Lanford's friend Lathan, having health issues.
- Pray for Asher, Jordan & Lauren's son, still in NICU but doing well.
- Pray for our school kids, coping with changing circumstances.
- Pray for Brenda & Gene, sheltering at home.
- Pray for Caleb, attending AIM.
- Pray for Gary, Rob, Kyle & Andy as they lead our congregation.
- Pray for Harry & Barb's daughter Crystal, for encouragement.
- Pray for Harry, coping with medical issues.
- Pray for Jordan and Thomas, serving in the armed forces.
- Pray for our widows: Bonnie, Ella, Miriam, Louise, Sallye, Millie, and Carolyn.
- Pray for Will & Jeri, sheltering at home.

Bible Quiz Answers

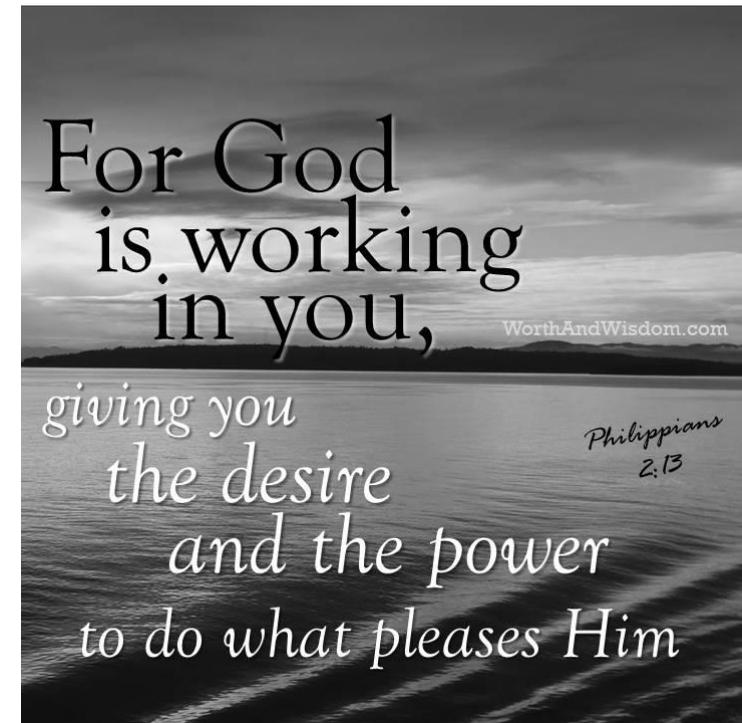
1-Seeing the golden calf (Ex 32) 2-The rebuilding of the wall of Jerusalem (Neh 1:1-4, 2:1-8)
 3-Magog (or Russia) (Ex 38:39) 4-David (1 Sam 18:1) 5-40 days (Acts 1:3)
 6-"My God, my God, why have you forsaken me?" (Matt 27:46, Mark 15:34 7-1 Timothy (1 Tim 3:1-13)

The Church of Christ in Idaho Falls

Welcome!

We're a bible-based and non-denominational congregation of Christians meeting in Idaho Falls. All are welcome! Please join us in our worship services and classes.

- Sun10:00 am.... Bible Studyat the church and live stream
- Sun11:00 am.... Worship Serviceat the church and live stream
- Wed.....10:30 am.... Senior Breakfastat Perkins
- Wed.....6:00 pm Fellowship Meal.....not this week
- Wed.....7:00 pm Bible Studynot this week



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Missionaries & Supported Works

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 Nathan and Alvin Luther – Philippines Ghana West Africa Water Project
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