

Wednesday 13<sup>th</sup> January 2021

“Be not quick in your spirit to become angry, for anger lodges in the heart of fools.” Ecclesiastes 7:9 (ESV)

Well I am just glad that I am not a redheaded person. With all that is supposed to go with the red hair. Speedy temper quick to be angry or very excited about happy events. But I do know that the red heads I, myself, know tend not to be akin to what is the old adage about them. Maybe it's because I have not made them angry of course. Or maybe it is because we have become older and wiser so as to be able to keep our tempers in check being more careful to what we say to others. The wise king Solomon asked for a wise heart and it was granted. But like most of us when we are young forget to be wise just as Solomon did making unwise ways of dealing with the daily turmoil's, yet in his writing of Ecclesiastes he wrote of good advice and how to apply it. Chapter 7 verse 9 above makes one very aware of the foolishness of quick tempers causing such upsets in the heart. Taking a few moments to think before one speaks is often enough for one to take some stock of what was making them angry and perhaps be able to reply a little kinder. This next piece made me stop and think how true it is after I had read about it. PAUSE. What can it mean.

**Practise – Patience.** Try to be more thoughtful and patient of others feelings

**Adjust—Our Attitude.** Maybe it is our attitude that needs to be change.

**Understand the situation.** Do we know what is behind the problem causing the argument or upset? Take time to try and understand

**Step—away.** Take yourself out of the situation go for a walk give yourself time to think.

**Explain—Calmly.** Keep calm and put whatever is the problem into perspective to the other person.

We have the right to be angry but we must think why we are angry and deal with it in the correct manner. As the words in the hymn say. Take time to be holy speak oft with the Lord.

If we take time to practise this small but very powerful word many more arguments might not get blown out of proportion. God loves us no matter what, and I am sure He must practise the Pause often. We have to listen to the Holy Spirit working through us and to listen to what God wants us to do and say. We do not want to just put our opinions on others we must listen to each other. The world pays attention to the people of the church i.e. Christians which should make us aware of our behaviour in and daily lives. Let us like Our Heavenly Father practise what he preaches and to love one another as he loves us.

Heavenly Father, help us to “P.A.U.S.E.” before we react in anger help us to listen out for the Holy Spirit speaking in to us in our hearts. Amen.