

## **“The Sword “(Anger)**

I used to have a very hot temper.....this is the Scripture that the Holy Spirit gave me years ago....if you have time do a study on "sword" in the Bible it is eye opening...as a result of this Scripture I have been encouraged to just pause, think, and at appropriate times just turn and walk away...."Then said Jesus unto him, Put up again thy sword into his place: for all they that take the sword shall perish with the sword. Matthew 26:52" If you choose to live in violence (even the perishing sword of the tongue, you will die by it). Genesis 9:6 "Whoever sheds the blood of man, by man shall his blood be shed; for in the image of God has God made man" ....and then another bit Holy Spirit gave me....and had a sign by my phone for ages..... "don't react, instead respond" ....hard to do when you are a warrior and trained to be one....through life events, or to survive...but works for me....if you want to discuss I will discuss, but if you want to go ballistic....those who live by the sword, die by the sword....instead.....let your sword be the Word of God....Ephesians 6:10-18

Ephesians 4:26..Be you angry, and sin not: let not the sun go down on your wrath:

Psalms 37:8..Cease from anger, and forsake wrath: fret not yourself in any wise to do evil.

Proverbs 15:1..A soft answer turns away wrath: but grievous words stir up anger.

Proverbs 16:32..He that is slow to anger is better than the mighty; and he that rules his spirit than he that takes a city.

James 1:20..For the wrath of man works not the righteousness of God.

Ephesians 4:31..Let all bitterness, and wrath, and anger, and clamor, and evil speaking, be put away from you, with all malice

Ecclesiastes 7:9..Be not hasty in your spirit to be angry: for anger rests in the bosom of fools.

Proverb 15:18..A wrathful man stirs up strife: but he that is slow to anger appeases strife.:

Job 19:29..Be you afraid of the sword: for wrath brings the punishments of the sword, that you may know there is a judgments

Proverbs 14:17,29..He that is soon angry deals foolishly: and a man of wicked devices is hated.

Proverbs 25:28..He that has no rule over his own spirit is like a city that is broken down, and without walls.

Romans 12:19 Do not be revengeful, my dear friends, but give way before anger; for it is written, "'Revenge belongs to Me: I will pay back,' says the Lord.

We are allowed to have righteous anger, but to not sin in it.....

Ephesians 4:26. .Be you angry, and sin not: let not the sun go down on your wrath:

Than here is another piece a doctor's daughter gave me, I was so angry when I got to her house, she was a patient, that I was biting nails (steel one's) someone had started a war with me.....she knew I was angry, some say flames come out of me...she knew it, was not her though, as we were friends also...she goes I have never been angry in my life because what my dad told me in my early years...I go....and what was that?.....she said; "anger is next to madness" and don't you ever forget that.....so I pause and remember all this....

"Anger is next to madness".....think about that... if you are angry or in a rage...it is in control and you are being controlled....you are out of control...and when I got home that day from that woman's house I thought about it a long time.....angry people murder people...so it is next to madness.....

Standing.....sometimes God tells us to "stand" .....but listen to Him and do as He leads you to do, pray.....and search the Word.....

To diffuse a situation (battle) between two people....just say I don't want to talk about that right now, turn and walk away ( you are going out of their space, which is a threat to fight, war)...or pause take a breath and think (for as long as it takes, it is referred to as a "pregnant pause" to gather your thoughts).....than respond.....or go for a walk around the block(or shut yourself in the restroom and lock the door) , but first say I refuse to argue with you.....if you want to discuss, we will discuss, but for now I need a break.....

When discussing with someone, decide to not, lose it.....and don't get historical (every argument or fault finding from the past 10 years). Don't attack personally; "You do this, and that and it makes me furious" .....think, don't react...respond...instead say something like: " I don't think I understand what you just said...this is what I think you said...You do this and that and it makes me furious...please explain to me what the problem is...as you see it and then if I may I will give you my side of it and then maybe we both might find a solution to the problem " Never give a negative statement without a positive one....if you do..then you are at war. Example: Tom just threw his food all over the floor on purpose. You might say something like; " Tom, what you just did was wrong, I know that you are very smart, and that you know I will have to correct this, so what do you suggest? Time out or clean it up and not do it again?" .....of course for a toddler.....you will have to say; "No, that's wrong" ....than time out..than after " you made a mistake, I love you, and don't do it again" .....see negative.....positive.....and sometimes you will need to do a positive and than a negative....."Tom you are very smart, but you know that was wrong, and this is the consequence" .....Just remember when two people discuss, you are dealing with two brains not just one.....one person gives a statement.....the other receives.....but.....this does not mean that they understood what you said, for each person processes statements differently....so don't assume they understand what you are thinking....and be wise, be kind. At work in team building I used to say....don't ever come to me with a complaint, without you giving me a list of problem solving solutions, than we will discuss it and see if it will work or not. "Catch-um doing something right, instead of catch-um doing something wrong" (Team building solutions) I seek the Lord in everything; pray and then look it up in the Word.

Some have said they wanted subjects on how to deal with stuff inside of you....and this is...something that can be inside of all of us from time to time.....

.....so take your Bible, Dictionary, Concordance and do a study by yourself or with family and do a study on "sword"...and then "anger" and then if you can find a solid teaching on interpersonal communications (relationship communication is what it is) but the fore mentioned is the correct term. Each person has their own language communication skills....so don't assume they understand what you are THINKING...because they don't have your brain, they have their own.....

So....anyway this is what I learned about living by the "sword" .....and it does deal with anger.....I have not listed all the Scriptures on anger or sword, because it is a interesting study and I want you to dig in....