Faith Matters

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Daily Devotional - Friday, October 19, 2018 -Contagious Anger

OCTOBER 19TH 2018 BY DEE LOFLIN

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Proverbs 22:24-25

Anger can wreak havoc on both the body and soul, but its scope extends beyond the individual and impacts everyone nearby. In this way, bitter outbursts and silent resentment are not just our own personal issues.

An angry spirit is contagious. It can pass from one person to another—and even from one generation to the next. Workplaces can become tense environments full of caustic words and attitudes. Ire turns homes into battlegrounds of verbal explosions or silent hostility. Even churches suffer from malicious gossip and fights over personal preferences.

God created us to live in fellowship with others, but anger can poison our relationships. Tragically, those closest to us are the ones who suffer the most. Children learn to respond to life's situations by observing their parents' example. They then develop similar attitudes and patterns of behavior. We need to give serious thought to what kind of heart we are passing down to our sons and daughters.

Thankfully, God is in the heart-changing business. Just as we learn an angry person's ways by association, so we can learn righteous ways by walking closely with the Lord. Christ calls us to come, learn from Him, and find rest for our souls (Matt. 11:28-29).

FRIDAY

Which would you prefer: churning anger or Christ's peace? Both require sacrifice. To maintain anger, you forfeit healthy relationships and possibly a godly heritage for your descendants. But to acquire peace, you simply ask God to help you leave grudges, personal rights, and insults at the altar.

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