

Works of the Flesh / Fruit of the Spirit

Part 11

Scripture: Galatians 5:16-26

Scripture Reading: James 1:19-21

INTRO:

D. L. Moody is quoted as saying;

Satan rules all men that are in his kingdom. Some he rules through lust. Some he rules through covetousness. Some he rules through appetite. Some he rules by their temper, but he rules them. And none will ever seek to be delivered until they get their eyes open and see that they have been taken captive.

EOQ

How many of you have ever been with someone or worked with someone who has, what we would call a temper? That disposition of when even the slightest thing goes wrong, they lose it. All it takes is one thing to go sideways or one comment they take the wrong way and as we would sometimes say 'they fly off the handle'.

I am sure almost all of us have been with such people, worked with such people, grew up with such people, and one thing we all learn when being around such people is, how not to set them off, right?

We try and learn not to agitate such a person, to understand the triggers that make them go off. We often try to control or manipulate the externals of their lives to avoid what can become a verbal and sometimes a physical explosion of the person. And many times this is futile, because in all reality, it all has to do more so with what is on the inside of the person than the external triggers.

Because as a rule, such tempers are never pretty, never enjoyable, or pleasant to others who are around them. But rather it can become fearful, confrontational and in some cases, physical and even demonic when such people lose it.

Well, Paul calls it ‘outbursts of wrath’ in his list of works of the flesh, and is one that is usually very, very evident to others in the immediate vicinity, and one that is usually difficult and almost fearful to confront because of the confrontational nature of this work of the flesh.

J. OUTBURSTS OF WRATH

As a rule, none of us enjoy confrontations, there is however the odd person who somehow just cannot stay away from confrontations and always seems to find them, but as a general rule, people do not go in seek of conflict. And yet with the state our world is in, with the pandemic over the past few years, economic problems, housing problems, affordability issues with ordinary everyday things, people have become more and more susceptible to this thing Paul calls outbursts of wrath. It is as if, everyone is more on edge, everyone is bottled up with some kind of rage or anger on inside, and it is very often just some small insignificant trigger or incident that sends them over the edge or off the handle, revealing some nasty thing that has been brewing up inside of them.

This brewing of the soul can include all kinds of things that we have looked at over the past few messages, things like hatred, contentions and jealousies, these in combination with much of our world situation today, can be the fuel that drives this thing Paul call outbursts of wrath.

Now, the word translated here as wrath, is the Greek word *thumos* *thoo-mos'* Strong's number 2372 and is defined in the Online Bible Greek Lexicon as;

1) passion, angry, heat, anger forthwith boiling up and soon subsiding again

It is that kind of ‘explosive anger’ I talked about in the introduction.

It is similar to the Greek word orge *or-gay*’ Strong's 3709 which is sometimes translated as anger and also translated as wrath in most places of the bible and is defined in the same dictionary as;

1) anger, the natural disposition, temper, character

2) movement or agitation of the soul, impulse, desire, any violent emotion, but especially anger

And again many translators use many of the same English words back and forth when translating both thumos *thoo-mos*’ and orge *or-gay*’.

Not making a distinction in the text as to which word was where.

And so to give us a better understanding or to show us the difference between the two of them, the notes and definition in the Vine’s dictionary explains them very well, and he begins with the definition of orge *or-gay*’ by saying:

Originally any natural impulse, or desire, or disposition, come to signify anger, as the strongest of all passions.

And then he gives all kinds of New Testament scriptures to show us this form of anger and says;

the displeasure of human governments,

Well we can all relate to that one with the current government we have now, can't we? He also says this word describes;

the sufferings of the Jews at the hands of the Gentiles,

God's anger with Israel in the wilderness in a quotation from the Old Testament,

God's present anger with the Jews nationally,

His present anger with those who disobey the Lord Jesus in His gospel,

All these and others he uses as how the word Orge *or-gay'* in scripture. But then he notes that;

Thumos *thoo-mos'* wrath (never translated as 'anger' in any of the King James versions) is to be distinguished from orge *or-gay'* in this respect, that thumos *thoo-mos'*, indicates a more agitated condition of the feelings, an outburst of wrath from inward indignation. While orge *or-gay'*, suggests a more settled or abiding

condition of mind, frequently with a view to taking revenge. Orge *or-gay'*, is less sudden in its rise than thumos *thoo-mos'*, but more lasting in nature.

thumos *thoo-mos'*, expresses more the inward feelling, orge *or-gay'* the more active emotion. thumos *thoo-mos'...*

...is characteristic that it quickly blazes up and quickly subsides, though that is not necessarily implied in each case.

EOQ

One simple way to remember their difference is that orge *or-gay'* is an emotion that is experienced by man, and God, and that feelings of orge *or-gay'* can be ok. thumos *thoo-mos'* is that explosive outward expression of that feeling, therefore thumos *thoo-mos'* is 'too much' uncontrolled outward expression of feelings.

An example of orge *or-gay'* in God is Mark chapter 3 verse 5 where Jesus healed the man's hand in the synagogue on the Sabbath, starting in verse 1 it says;

1 And He entered the synagogue again, and a man was there who had a withered hand.

2 So they watched Him closely, whether He would heal him on the Sabbath, so that they might accuse Him.

3 And He said to the man who had the withered hand, "Step forward."

4 Then He said to them, "Is it lawful on the Sabbath to do good or to do evil, to save life or to kill?" But they kept silent.

5 And when He had looked around at them with anger, (with orge or-gay') being grieved by the hardness of their hearts, He said to the man, "Stretch out your hand." And he stretched it out, and his hand was restored as whole as the other.

Jesus was angry at the hardness of their hearts and unbelief. But there was no physical outward expression of this anger except the look He gave them.

In Romans chapter 12 verse 19 Paul gives us guidelines for our anger our orge *or-gay'* and says;

Beloved, do not avenge yourselves, but rather give place to wrath (this is the word orge or-gay^) for it is written, "Vengeance is Mine, I will repay," says the Lord.

Vengeance could be classed as the acting out of anger, to take vengeance on what we are angry with. However Paul says we are not to avenge ourselves but rather give place to wrath, leave it as the emotion of anger and do not allow it to act out or take it further. Even Albert Barnes says in his commentary; it means 'leave it to God' be angry but leave vengeance to God. As Paul tells us in Ephesians chapter 4 verse 26, quoting part of Psalm 4:4 saying;

"Be angry, and do not sin": do not let the sun go down on your wrath (your anger),

But also later on in verse 31 he says;

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

Because he knows that even though we will feel anger, it is not good to harbor anger in our hearts, as James tells us in chapter 1 verses 19 and 20;

So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; (orge or-gay')

20 for the wrath (the orge or-gay') of man does not produce the righteousness of God.

Our anger will not bring out in other people what God wants to bring out in other people. Anger is never the means to righteousness. But these are all examples of the word orge *or-gay'* which is the emotion of anger as sometimes translated as wrath.

Remember the word Paul uses in Galatians is not the word orge *or-gay'* but the word thumos *thoo-mos'* and as Vines says is that agitated condition of the feelings, an outburst of anger from inward indignation.

If you turn in your bibles to Luke chapter 4, we have the account of where Jesus, after his temptation of Satan, and teaching in the surrounding regions, came home to Nazareth and entered the synagogue. Luke chapter 4 and I will begin reading from verse 16 where it says;

So He came to Nazareth, where He had been brought up. And as His custom was, He went into the synagogue on the Sabbath day, and stood up to read.

17 And He was handed the book of the prophet Isaiah. And when He had opened the book, He found the place where it was written:

18 "The Spirit of the LORD is upon Me, Because He has anointed Me To preach the gospel to the poor; He has sent

Me to heal the brokenhearted, To proclaim liberty to the captives And recovery of sight to the blind, To set at liberty those who are oppressed;

19 To proclaim the acceptable year of the LORD."

20 Then He closed the book, and gave it back to the attendant and sat down. And the eyes of all who were in the synagogue were fixed on Him.

21 And He began to say to them, "Today this Scripture is fulfilled in your hearing."

22 So all bore witness to Him, and marveled at the gracious words which proceeded out of His mouth. And they said, "Is this not Joseph's son?"

23 He said to them, "You will surely say this proverb to Me, 'Physician, heal yourself! Whatever we have heard done in Capernaum, do also here in Your country.'"

24 Then He said, "Assuredly, I say to you, no prophet is accepted in his own country.

25 "But I tell you truly, many widows were in Israel in the days of Elijah, when the heaven was shut up three years and six months, and there was a great famine throughout all the land;

26 "but to none of them was Elijah sent except to Zarephath, in the region of Sidon, to a woman who was a widow.

27 "And many lepers were in Israel in the time of Elisha the prophet, and none of them was cleansed except Naaman the Syrian."

28 So all those in the synagogue, when they heard these things, were filled with wrath,

This wrath is our word *thumos thoo-mos'*, that anger that bubbles up and comes out and into physical actions. Verse 29;

29 and rose up and thrust Him out of the city; and they led Him to the brow of the hill on which their city was built, that they might throw Him down over the cliff.

They had such an outburst of anger that there were ready and willing to kill Jesus on the spot without trial or proper examination, as they thrust Him out of the city, up to the top of the hill, so that they might throw Him over the cliff. That outburst of wrath, that usually does not heed to reason or logic, but is fueled by emotions of anger and wrath and indignation.

Now it is interesting to note that this is the same word that is used of Jesus when He returns at the second coming, if you turn to Revelation chapter 19 starting in verse 11 it reads;

Now I saw heaven opened, and behold, a white horse. And He who sat on him was called Faithful and True, and in righteousness He judges and makes war.

12 His eyes were like a flame of fire, and on His head were many crowns. He had a name written that no one knew except Himself.

13 He was clothed with a robe dipped in blood, and His name is called The Word of God.

14 And the armies in heaven, clothed in fine linen, white and clean, followed Him on white horses.

15 Now out of His mouth goes a sharp sword, that with it He should strike the nations. And He Himself will rule them with a rod of iron. He Himself treads the winepress of the fierceness (that is thumos thoo-mos') and wrath (which is Orge or-gay') of Almighty God.

But one thing we must note is that His wrath will not be an unreasonable or illogical act, this will be perfect vengeance, with

perfect justice and perfect punishment executed on those who are against our Lord.

But if we go back to our word in Galatians, back to the text we are looking at, one thing we must note here that when we are looking at this word or this sin, as listed in the verses of the New King James Version is that there is a liberty that has been taken by the translators to emphasis or bring across the understanding of this word.

You see in the original text, it is only the word *thumos* *thoo-mos*' that is used here. If you look at the King James Version and some others it only has the word 'wrath' in the text.

The words 'outbursts of' is added by the translators of the New King James Version to better illustrate what type of wrath or anger Paul is showing us here. This is also done by the ESV with the words 'fits of anger' and in the Holman Christian Standard Bible as 'outbursts of anger'. And I think the translators of the New King James Version, the ESV, and the Holman bible do this to show us that our boiling over of angry emotions that is a bad thing or a sinful action of the flesh.

Even though half of the words are used over in the book of Revelation describing God's wrath in the tribulation it is man's outbursts of wrath, that instant anger, that outburst of emotion or fit of wrath that

does not produce the righteousness of God, and becomes a sin in mankind.

Because, from man, nothing ever good comes from our wrath, from blowing your top, or losing your temper, or letting yourself go in a fit of rage to blow off steam.

Contrary to what it may FEEL like, or how it is portrayed in the secular world, nothing good comes from an outburst of *thumos thoomos*' in man, it is not just, it is not righteous, it is not logical or perfect as if from Christ.

Even though it is the classic ending to almost every hero in books or movies, where in that final scene where the hero is almost defeated by the bad guy, and then in a fit of rage, in an explosion of anger or wrath, the hero finds some superhuman strength and unleashes his outburst of wrath on the bad guy in some epic over powering way and defeats him. Isn't that the final scenario of almost every hero in our modern movies and books out there?

And this outburst of anger is glorified isn't it. And why is it glorified? Why is it glorified in our films and books and some secular parts of society? Because it is the complete opposite of what the bible teaches

about our outbursts of anger. Even though there are those who claim that fits of anger are good for you, it is actually the very opposite.

The everydayhealth.com website says that anger actually ruins your health.

In their 7 points as to why anger is bad for you, they say this;

1. An angry outburst puts your heart a great risk. That in the two hours after an angry outburst, the chance of having a heart attack doubles.
2. Anger up's your risk of stroke. One study found there was a three times higher risk of having a stroke from a blood clot to the brain or bleeding within the brain during the two hours after an angry outburst.
3. It weakens your immune system, if you're mad all the time, you just might find yourself feeling sick more often.
4. Anger problems can make your anxiety worse. Researchers found that anger can exacerbate symptoms of generalized anxiety disorder.
5. Anger is linked to depression.

6. Hostility can hurt your lungs. The article says 'men with the highest hostility ratings had significantly worse lung capacity, which increased their risks of respiratory problems.

And number 7. Anger can shorten your life.

And in short happy people will normally live longer.

EOQ

But this is only the secular world looking at anger or the outbursts of such feelings, from the website 'Life,Hope&Truth.com' in the article 'Fighting the works of the flesh:' it talks about the lies of outbursts of wrath and says this;

Lie No. 1: "Sometimes it's therapeutic to lose control of your emotions."

There is a common belief that "letting go" of our temper and emotions can be a good thing. Somehow, the thinking is that you can actually defeat anger by just letting it all out. But it doesn't really work like that. Wrath usually escalates the more we let it out.

Learning to control our emotions is much more therapeutic than letting them run free and hoping

nobody gets hurt. Proverbs 14:29 says, “He who is slow to wrath has great understanding, but he who is impulsive exalts folly.”

Lie No. 2: “It’s okay to get really angry. Just don’t hurt anyone.”

Proverbs 29:8 mentions, “Scoffers set a city aflame, but wise men turn away wrath.” Turning away wrath implies stopping it before we want to hit anything!

God told Cain to “rule over” his sinful anger (Genesis 4:7). Cain’s refusal to control his wrath led to his murder of his brother Abel. The sad reality is that uncontrolled anger can escalate to hurting people.

God commands us to grow in the fruit of His Spirit of “self-control” (Galatians 5:23)—not to lose control.

EOQ

Nothing ever good comes from the outbursts of wrath of man or from those who have no control over their emotions. This is true from the time of Cain when he murdered Able, to the final chapters of the bible and for everything in between, which then includes you and me.

And it is this work of the flesh, this outburst of wrath, that is one of the easiest ways to determine there is something amiss on the inside of the person or that there is something wrong on the inside of their heart.

It's what is on the inside, that when ignited, moves the body or person to act out in ways of the flesh and in the ways of sin.

And if you remember in that first message, I used the example of how that invisible chamber inside your car engine essentially makes your car move. How the expanding gasses inside that chamber push on the piston, which pushes the crankshaft and from there the movement is transferred to the transmission and axles and eventually to the wheels which then makes the car move.

But what happens when that engine has a supercharger on it, or some high performance system on it as with some of these new diesel engines, what happens when you put your foot to the floor?

Everything moves instantly and fast, and with a lot of noise and smoke you're doing 60 miles an hour in a couple of seconds.

Well thumos *thoo-mos'*, this outburst of wrath this is like an emotion with a supercharger, a supercharged sin waiting on the inside of that chamber of their heart. There is a lot of energy and motion bottled up

on the inside, waiting for that one incident or one comment and... they go full throttle, with a lot of noise and smoke out of their ears, their are going 60 miles an hour with their emotions.

Let me illustrate with an example I took from the internet, I have here a lemon, now, if I squeeze this lemon hard enough, what will come out? Tell me...

Lemon juice.

Are you sure... not orange juice... not apple juice... not some carbonated soft drink like 7up?

What if I give it to _____ to squeeze, what will come out... lemon juice. What if you take this lemon home and have your spouse squeeze it what will come out... what if you take it to work and have your boss squeeze the lemon what will come out...

Does it matter who squeezes it... no. what if you squeeze it at 2:00 o'clock in the morning... or 2:00 o'clock in the afternoon will that change things... no it won't, why?

Because whatever is already on the inside determines what will come out when it is squeezed.

Lemon juice will always come out of this lemon because its lemon juice that is on the inside.

And here is the comparison, people are just like lemons, they look nice and pleasant on the outside, but are filled with all kinds of sourness on the inside... no that is not the illustration, just making sure you are still awake.

But for real, here is the real comparison, I want to make, when you squeeze a person, through pressure, through words, through actions, be it through things their boss says and does, or what their spouse says and does or by what their children say and do. Or be it some uncontrollable external circumstance that comes in to their life, when that pressure comes to a point and there is a reaction and things start coming out of the person, what comes out is whatever was on the inside, right.

That is where the sin of this outburst of wrath comes to light. If what comes out of you is some form of thumos *thoo-mos'*, it is only a supercharged product of what is already on the inside.

You see no matter how I squeeze this lemon, or who squeezes this lemon, or when it is squeezed, what comes out is what's already there on the inside.

And there are all kinds of arguments and excuses that man will make to excuse what comes out, but just as with the lemon, what comes out is what was already there on the inside.

Dr. David Gibbs speaking in one of his conferences gives this example of an incident that happen to him on one of his trips to the orient. It is the perfect illustration for this message and I will read the transcript from his message titled 'Its Time to Reach This World'. And quote him as he relates this story;

Dr. chapel and I were in the orient number of years ago now, and while we were there, some of the missionaries came and they said; 'would you be kind enough to come play golf with us' and I said; 'well I used to play a lot of golf', but I said; 'I don't play golf anymore'. I was on the college golf team, had a part scholarship for golf. But Dr. Chapel said; 'oh come on brother Gibbs it'll be a blessing, we'll bless these missionaries and let's play a little golf with them', I said okay.

Well we showed up at the golf course and met these wonderful missionaries and all the way out there I'm saying 'then let's just be a blessing to them' and when you haven't swung a golf club in a while... many of you

know you also pray 'don't let me embarrass myself.;
Well it's my turn to hit the ball, the fairway is that way
(and he points down the center of the church) the
missionaries are right over here now (pointing 90
degrees off to his right and continues to say)

What happened to my golf ball is aeronautically
impossible... I lined up and took a mighty swing and I
hit the ball, but the ball didn't go that way (pointing
down the center of the church) it went that way
(pointing directly to where the missionary stood) and I
nailed a missionary right in the chest, the guy fell down
like he was dead.

I thought sweet Alabama I have killed a missionary,
and my dear friend brother Chappell he said 'uh oh'.

It's what happened next is the whole reason I tell you
the story, it hit the guy, he went down like a sack of
potatoes, and the missionaries there with them...
started praying and running to him.

Mercifully the guy did not die, but what he did was he
rolled over and started cussing at me, I mean cussing
cussing and brother Chappell said 'oh you're really
blessing the missionaries now'.

I want you to hear me, that golf-ball did not put that in him, that was already there, what that golf ball did, was unleash what was in him, and I wish with all my heart it hadn't been my shot, because all I could think of is, if I recall right, is that *man* had been on the mission field 20-some years, maybe more, and for the entire day nobody knew what to say.

You know what I think we forget, what's in you is what determines what you are. As a man thinks in his heart so is he

EOQ

You see in his example, the golf ball did not inject or impute that cursing or that wrath into the missionary, no more than putting pressure on a lemon puts in lemon juice, it is only the missionary's reacting to the pressure or impact of the ball that brought out what was already on the inside.

And at the end Dr. David Gibbs quotes the first part of verse 7 of Proverbs 23 which says;

For as he thinks in his heart, so is he.

It implies that whatever man is filled with on the inside that is what he is. You see, man can be filled with all kinds of things, both good things and bad things, there is no end or limit to what he can be filled with, but some of the things he is filled with can become components or contributors of this thing Paul calls outbursts of wrath. Jesus says in Luke chapter 6 verse 43 to 45;

43 "For a good tree does not bear bad fruit, nor does a bad tree bear good fruit.

44 "For every tree is known by its own fruit. For men do not gather figs from thorns, nor do they gather grapes from a bramble bush.

45 "A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks.

And it is not just what he speaks but can also be how he speaks, it's not just what words come out of man's heart, but also how the word come out of a man's mouth, and one of those would be it coming out as an outburst of wrath.

And in order for us to look at, or address this thing of outbursts of wrath, we must first begin looking at what causes such wrath within

us to come out. What is in me that gets my goat going the wrong way and why?

Now we know, as we have already looked at the verse which says be angry and do not sin, and we know that there are certain things in this world and life that do make us angry in legitimate ways, such things as violence or injustice. But what things are in our hearts that causes our anger to bubble up and over when they are not even remotely related to such things as violence or injustice, what is in man's heart that causes him for a lack of words 'explode' over what may be insignificant things? And for that we must look at our own heart and life and what are the things that set us off if we are prone to do so.

And one of the first things we want to look at, is what does the bible say about what is in the chamber of our soul? What is that volatile mixture that causes this outburst of wrath in man, and for that listen to Psalm 123, it is a plea for God's mercy and especially note verse 3 and 4 as I read the whole Psalm it says;

1 «A Song of Ascents.» Unto You I lift up my eyes, O You who dwell in the heavens.

2 Behold, as the eyes of servants look to the hand of their masters, As the eyes of a maid to the hand of her mistress,

So our eyes look to the LORD our God, Until He has mercy on us.

3 Have mercy on us, O LORD, have mercy on us! For we are exceedingly filled with contempt.

4 Our soul is exceedingly filled With the scorn of those who are at ease, With the contempt of the proud.

Does this describe your heart? When we look at the New Testament in the gospels and the book of Acts it talks much about the Jews, the scribes, the Pharisees, Sadducees and those who opposed Jesus, that they were filled with wrath, rage, indignation and envy. In Romans chapter 1 verse 29 and 30 Paul describes those who reject God and says they are filled with all unrighteousness, wickedness, covetousness, maliciousness; full of envy, murder, strife, deceit, evil-mindedness. That they are Backbiters, haters of God, violent, proud, inventors of evil things, only to name a few.

Listen, whatever is on the inside of your heart, will come out on the outside when the proper mixture is ignited in your soul. Or when it is squeezed out by the actions of others or events around you. And when our hearts are filled with some of the things that I noted from scripture, it then becomes the receipt for thumos *thoo-mos'*.

And one of the things we must do is stop and examine ourselves in these moments before our anger comes out is to ask myself; ‘why am I angry, why is there something boiling up inside of myself.’ And we have to be very discerning and objective because some of them may be legitimate things and others can be totally wrong.

And when you do look at yourself, at things on the inside, don’t try to justify yourself, don’t put the blame of your anger on others saying ‘well if they hadn’t done that I wouldn’t be angry’ or ‘if they didn’t do this I wouldn’t be upset’. No, that argument does not work when you are looking at your own heart.

And never use the phrase ‘I’m not angry, I’m only discussing things passionately and loudly’ as you are flushed faced and foaming at the mouth. Because you’re not fooling anyone.

But look into that chamber of your soul, and see what it is that makes me so instantly angry. And when I find it, ask yourself, with the word of God as your guide, is it right for me to keep this anger in here.

If you noticed, on the back of your outlines this morning I placed the ‘anger and irritability management skills’ common anger triggers check list taken from the government of veteran affairs website, to give us an idea of how and what and where such triggers can come from, and if

you find that you can check any of them off, pray and ask God to help you in that area of life. Because the devil would love nothing more than to feed you more of the things that make you angry.

And because this is a secular paper they miss one of the main things relating to the spiritual aspect of this anger, that there can be a spirit of anger within the person, a demonic spirit that drives the person to such anger, scriptures say that king Saul had a distressing spirit that came over him, drove him, controlled him to the point where his outburst wanted to ‘pin David to the wall’ with his spear and kill him. It filled Saul with an almost unexplainable anger, and comes out as an outburst of wrath. If an evil spirit of anger is left unchecked, it will come to the surface time and time again as in an outburst of sinful wrath. And what eventually happens is such a person become filled with this angry spirit and with it consumes them in almost everything they do. It fills and affects every aspect of their lives, and they become characterized as being that angry violent and volatile person.

But we know that as Christians we ought not to be filled with such wrath, with such evil spirits, but rather filled with the peace and power of the Holy Spirit. It is He that is to fill all areas of our life and soul.

Because as a Christian, when I am squeezed in any manner, or am put under pressure by any person; I want the image of Jesus to come out of me. When I am put under pressure no matter what the reason is or what the circumstance is, or who does it, I want to have the Holy Spirit and the fruit of the spirit to come out of myself. So that even when I am put into the juicer of death by this world, all that they would find coming out of me is the life and image of Christ, as the example He left for us, as Peter says in 1 Peter 2:21 to 24;

21 For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps:

22 "Who committed no sin, Nor was deceit found in His mouth";

23 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;

24 who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed.

So that I could follow Paul's example in what he says in Philippians chapter 2 verses 14 through 18 saying;

Do all things without complaining and disputing,

15 that you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation, among whom you shine as lights in the world,

16 holding fast the word of life, so that I may rejoice in the day of Christ that I have not run in vain or labored in vain.

17 Yes, and if I am being poured out as a drink offering on the sacrifice and service of your faith, I am glad and rejoice with you all.

18 For the same reason you also be glad and rejoice with me.

Thumos *thoo-mos'* That passion angry heat boiling up and over, let it not be found in us who claim to be of Christ. But rather, have that gentile peaceful spirit that comes from God, shining as light in this dark and crooked world.

And so in conclusion, let us all look to our own hearts, at the things that make us instantly angry, and ask ourselves that hard question, 'why am I like this', 'what is it that is in me that makes me explode' and not just explode; but what about the actions of others that makes me snippy? Or sarcastic to my family in a mean way? Or sharp

tongued to others around me, things that are unbecoming for the Christian.

Go to the word of God for answers. Yes there are things that may make us angry but Paul says we are to put those things away and not allow them to become the components of what he calls out burst of wrath. Yes, Christ was angry, and He will come again to this world in great wrath and execute vengeance and justice on this ungodly world, but that will be perfect vengeance, perfect justice, and perfect punishment for those who rejected Him.

But for you and me, we should rather remember the words of James when he says;

So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath;

20 for the wrath of man does not produce the righteousness of God.

21 Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls.

Well may the Lord give us wisdom and insight and direction if we are those who are given over to such outbursts of wrath, and empty our

hearts of the things that take us there and rather fill ourselves with the Holy Spirit, and the light of life as Jesus says in John 8:12;

"I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life."