

**Ecclesiastes 7:9, “Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.”**



Controlling our anger instead of letting our anger control us is an essential ingredient to maturity. We’ve all been there: embarrassed because you let your anger control you and you ending up making a fool out of yourself.



Even though the shoes of embarrassment may feel like concrete boots, they do teach us a valuable lesson that is not easily forgotten. You find yourself desiring to never wear them again.

Learning to control your anger is not an easy task and may take several attempts with many failures. But we can’t give up because the only way to learn to ‘ride that bike’ is to keep trying again even after you fall and skin up your knees.

As we mature, we learn to quickly identify that spark of anger that is trying to ignite within us. Then we begin the process of hauling out the water buckets to exterminate the flame of anger in our minds. I am still amazed at mature Christians who can not only put out the flame, but while doing so can remain calm without any outward visible signs. If my face doesn't give me away, my crimson cheeks will.

It seems that many episodes appear to have the devil's hand stirring the pot. If you try to stop and look beyond what is feeding your temper, you may find that the devil is whipping out lies, confusion and misunderstandings. Determine not to allow yourself to be set up by the devil. Realize it is simply a trap he is setting hoping to catch you in a weak moment.

