

Tuesday 12th October 2021

Psalm 37: 8, 9 *“Refrain from anger and turn from wrath;*

do not fret – it leads only to evil.

For evil men will be cut off,

but those who hope in the Lord will inherit the land.”

Colossians 3: 8 *“But now you must rid yourselves of all such things as these: anger, rage, malice, slander and filthy language from your lips.”*

We are easily irritated by trivial matters such as losing our glasses or car keys. We are cross about forgetting or not being able to get an appointment. We get angry with persistent cold callers. We become incensed with those who cut us up on the road and we can become incandescent at having a personal slur directed at us. But these emotions are self-destructive.

The psalmist advises us to remain calm in the face of these provocations. Don't mither away to yourself or those close to you. Let God do the retribution bit as he sees fit.

Paul urges the Colossian believers to eschew all ungodly acts towards their fellow men and women and concentrate on enhancing their confession of faith. We should do likewise.