

STUMMIN

FAMILY DAILY DEVOTIONAL



MOODS | JANUARY 13-19, 2021

BOTTOM LINE: Jesus frees us from being controlled by anger.

"Do all that you can to live in peace with everyone."

- Romans 12:18 NLT

>> JANUARY 13

While there are people in our lives who make it easy to live at peace, there are also the ones who make getting along and living at peace feel nearly impossible. They're the people who make us angry, get us upset, and leave us feeling frustrated more often than not. Yet still, the Bible urges us to try to live at peace with all people—even the ones who make that difficult. How do we do it? We can start by focusing on what depends on us. We can't control the behavior or feelings of others, but we can choose to do the right thing—the peaceful thing—ourselves. What's one step you can take toward being a person of peace in your relationships this week?

"If your brother sins against you, go and tell him his fault, between you and him alone. If they listen to you, you have won them over."

- Matthew 18:15 NIV

>> JANUARY 14

When we've been hurt by someone, often our first instinct is to get mad. We want to yell or prove we're right to anyone who will listen. But the reality is, this doesn't actually do anything to help the problem. In fact, the more we talk about the conflict or anger with others, the worse the issue becomes. Jesus leads us to handle our anger, frustrations, or conflicts with others in a different way. He asks us to talk to the person we're struggling with directly. While that won't always be easy, it is a step in the right direction to manage your emotions and handle conflict in a healthy way. Is there someone you're frustrated with? Make an effort to go to them and talk it out this week.

"A troublemaker plants seeds of strife; gossip separates the best of friends."

- Proverbs 16:28 NLT

>> JANUARY 15

Sometimes the worst fights we have with friends start over the smallest things. One careless or harsh word can cause a complete breakdown. The next thing you know, you're dealing with feelings of sadness, anger, and frustration over what's happened in your relationship. And once you're in the middle of those feelings, it's hard to step back and fix the issue. What can solve this problem? Choosing your words carefully from the start. Taking time to avoid things like gossip, name-calling, or harsh words with friends will go a long way in helping you avoid the feelings that come from a breakdown in communication. And you can start now! Make a point to send a text or write a note filled with kind words to a friend today.

"Don't let the sun go down while you are still angry."

- Ephesians 4:26b NLT

>> JANUARY 16

One of the biggest lessons we can learn is how to handle our anger well. In this verse, Paul gave us a simple piece of advice to help us get started. Simply put, he urged us not to wait to take care of the problem. If there's a conflict in your life, confront it. If there's something making you angry, deal with it. Don't wait! The longer you wait to deal with the anger, the bigger the anger will become. Instead, take action and deal with it so that you can stop it before it has time to grow. There is no time like the present to learn to deal with your anger in a healthy way.

"Fire goes out without wood, and quarrels disappear when gossip stops."

- Proverbs 26:20 NLT

>> JANUARY 17

Have you ever seen a fire grow? Solomon wrote here that our words have a similar power. Just as fire spreads and destroys quickly, so does gossip. But we have the power to put the fire out. In fact, we can choose not to start it at all simply by not speaking out of negative emotions. When we pause before acting out of unhealthy feelings, we are making a step toward putting out the fire that unchecked words and emotions can cause. This week, practice pausing before speaking out of frustration or anger. Even if only for ten seconds, stop and think about what you want to say before you actually say it. Focus on choosing words that will build up rather than burn down in conflict.

"A hot-tempered person starts fights; a cool-tempered person stops them."

- Proverbs 15:18 NLT

>> JANUARY 18

We all know what it feels like to be hot-tempered. When something happens that makes us angry, the fire in us just gets bigger and hotter. But here, the writer of Proverbs gives us another option. We can choose to be a cool-tempered person who works to calm, to keep peace, to stop the fire of anger before it gets too big. It's not always easy, but with God's help, we can choose to keep a cool temper when we're frustrated or angry. And that in turn will help us find peace. What is it in your life that causes you to have a hot temper? Pray this week for God's help in changing your response the next time you're faced with that person or circumstance.

"Come to me all you who are weary and burdened, and I will give you rest."

- Matthew 11:28 NIV

>> JANUARY 19

One of the reasons we know that memorizing Scripture is important is because Jesus Himself did it! In His time on Earth, He often quoted passages when He was tempted or being challenged on what He was teaching. Having God's Word memorized and in our own minds can help us when we're in similar situations. So, keep working on committing this verse to memory today. Set an alarm on your phone or tablet to go off three times a day. Name the alarm with the reference to this verse and when the alarm goes off, practice reciting the verse by memory!