

# The Sunday School Lesson

BY JOHN R. BRAYBOY

SALEM MISSIONARY BAPTIST CHURCH

Sunday School Lesson 8-23-98

Control Your Anger -  
 {Prov. 12:16; 14:17,29; 15:18;  
 16:32; 19:11; 22:24-25; 25:28;  
 27:4 29:20,22}

**Outline**

I. Un-curbed Anger [Prov. 12:16;  
 14:17; 25:28; 27:4; 29:20,22]

II. Contagious Anger [Prov. 22:24-  
 25]

III. Controlled Anger [Prov. 14:29;  
 15:18; 16:32; 19:11]

Un-curbed Anger [Prov. 12:16;  
 14:17; 25:28; 27:4 29:20,22]

Controlling anger is a sign of spiritual growth for the child of God. When one responds to someone's actions in a negative way, by reacting with revenge, they are regarded by the writer as a fool. In Proverbs a fool is referred to as one who hates God and the things of God. As a child of God sometimes we have to grin and bear humiliation by others rather than respond with wrath. When one fails to act in a Godly manner they will be sorry for the wrong they have caused and have to apologize and repent for their wrong. A prudent man will swallow his pride and not allow the foolish actions of others to cause him to do anything that he might be sorry for later.

When one allows anger to swell up in him it will cause him to act foolishly. It can cause a problem in relationships with friends, coworkers, and family. One needs to be careful that he does not cause those he loves to have an attitude that they hate to see him coming. It is so easy to just fly off the handle and do something very stupid.

On the other hand is the wicked man who is calculating and plots to get even. He does not get upset, but patiently waits for the appropriate time to get even. The difference in this kind of person and the one who reacts immediately is that the one who reacts quickly is sorry for his wrong and seeks forgiveness. Those who have been hurt or offended by him will have compassion for him and accept his apology. The plotter, on the other hand, does not care whether he hurts anybody or not. He gets his satisfaction from getting even. This kind has very few friends and is not liked by most people.

He who has no control over his own spirit has no protection. If one does not control anger, then it affects everything that he does. He will not be able to focus his full attention to his work or whatever that he may be trying to do. Other people can trigger their emotions with very little effort. Letting anger rule in one's life can cause them to act irresponsible toward others.

Acting out of wrath or anger can bring about very nasty situations, but those who act out of jealousy can be much worse to face. Envy or jealousy can be much more intense than anger or wrath. Harboring jealousy can over a period of time cause one to plot and cause much heartache and pain to family and friends. Those who are inflamed with anger in most cases will put aside their malice in time, but a jealous person's hatred continues until it culminates in tragedy in most cases.

A man who is careless with words has less hope than a fool. Being hasty contributes to quick temper, sinful actions, careless work, and disastrous decisions. Relationships can be damaged or even be destroyed by this kind of behavior. One who is controlled by anger fails to develop lasting relationships. They do not make good moral decisions and they can cause people to walk as if they are on thin ice when they are around them.

**Contagious Anger**  
 [Prov. 22:24-25]

The writer warns us that we need to shy away from those who are angry all the time. They can cause us to pick up their ways. My grandfather had a saying that he often quoted to me; and that was that "one would soon become as the company that they kept." If you spend time with those who are evil then you will become as they are. Many times new converts are deceived by the devil into thinking that they can win their friends by continuing to associate with them, instead most of the time they are brought down to their level. In order for Adam to communicate with Eve after her fall he had to get to her level. Christians cannot associate with the world and be spiritually mature in the Lord as they ought to.

**Controlled Anger** [Prov. 14:29;  
 15:18; 16:32; 19:11]

The man who is able to control his anger understands how to deal with bad situations. He has two virtues, patience and composure. A man who can restrain himself in a controversy can think clearly and make wise decisions to recoil the problem.

The man of wrath stirs up trouble instead of heading off trouble. In many cases he is known as a troublemaker because he in most cases is looking for trouble. On the other hand, the man who is slow to anger is a peacemaker. When trouble is brewing there needs to be someone around who can settle a dispute.

The control of anger is not an easy thing for one to do; but with the Lord's help it can be done. Controlling anger is better than winning mighty battles. It is a wise man who controls his temper. A man who controls anger controls circumstances and their actions. A sign of spiritual maturity is when one can get angry and not sin. Sometimes there is a time for Christians to get angry about things that are morally wrong.

God bless all of you until next week.

## Native Americans re-connect the family at annual camp

**WHITE MOUNTAIN, Ariz.** (UMNS) --Native Americans attending a recent national United Methodist camp rededicated themselves to the spiritual and social healing of the family.

Approximately 324 people of all ages attended the annual 'Native American Family Camp, July 16-21 to be nourished and valued by other family members. Each segment of the family was ministered to in an attempt to achieve "weaving" or a re-connection of the family.

Camp participants attended classes on Apache bead and basket-making, the Bible, evangelism, servant leadership, the United Methodist Social Principles and writing.

A highlight of this year's camp was the participation in Project Eagle, a primarily Native American-oriented exercise that offered participants opportunity to establish or reestablish relationships with those who are meaningful to them. During the project, individuals spent a day placed in situations which required that they analyze and evaluate problems, organize themselves and delegates responsibilities, trusting that others will cooperate.

The goal was to provide a level "playing field" and a safe environment for open, honest and meaningful interaction between parent and child as well as members of the Eagle.

Within the project was the creation of a "human dream-catcher", an exer-

## Joe Frybread

I just love life. Everyday I see something that keeps me feeling good inside. Just take the other day. On our way home Scrapiron wanted a RC cola and a square nab so we stopped at a small country store.

Upon entering the little country store, we noticed a sign saying "DANGER! BEWARE OF DOG!" posted on the glass door. Inside I noticed a harmless old hound dog asleep on the floor beside the drink box.

I asked the store keeper, "Is THAT the dog folks are supposed to beware of?"

"Yep, that's him," he replied. I couldn't help from smiling and saying, "That certainly doesn't look like a dangerous dog to me. Why in the World would you post that sign?" "Because", the storekeeper replied, "before I posted that sign folks just kept tripping over 'Old Blu'."

## Congressman's Mobile Office to be at RCC

The Mobile Office of 7th District Congressman Mike McIntyre will be located at Robeson Community College, Lumberton, NC on Wednesday, September 2, from 10 a.m. until 12 noon. A member of Congressman McIntyre's staff will be available at that time to assist residents of the Seventh District who have problems dealing with Federal agencies. Constituents wanting to make comments, or express opinions about current legislation in the United States Congress are also welcome.



share where each member of a group shared his or her dreams and threw a ball of red yarn to another who supported and validated the thrower's dream. The yarn was thrown until it was intertwined and connected in a weave or web, a symbolic reinforcement connecting the bonds of the family.

In an advance statement, planners for the camp outlined realities facing native Americans today. They noted that within the last 20 years movement of Native American families from reservations to town and cities has cut them off from traditional strength and spirituality of family. Families remaining on reservations and in tribal areas also have experienced the social ills of society, "simply because they have lost their connectedness to their families and to God", the statement said.

Contributing to the "rapid decay" of the Native American family, the statement said, are social problems such as alcohol and drug abuse, divorce, child abuse, school drop outs, and teen suicide.

The overall purpose of the annual camp is to educate, inspire and provide fellowship for native Americans. A major focus of each camp is to build self-esteem among native American youth and to help them understand the mission and ministry of the United Methodist Church. The denomination counts about 17,500 Native Americans among its 8.5 million US members.

## Native American Festival planned

The Nause Waiwash Bank of Indians proudly presents the 6th Annual Native American Festival in memory of Dr. James F. McCarter Saturday, September 19-20. Doors open 10 to 9/ grand entry 12/dancing 12-4 and 6-9 p.m. on September 19. Doors open 10 to 5/grand entry 12/dancing 12-5 p.m. September 20. The Festival will be held at Sailwinds Park, Cambridge, MD. Host Drum will be Eagle Rock Singers. Invited Drum: Stinking Creek Singers. Admission is \$2.50 for adults and \$1.50 for children under 12. No pets, alcohol, drugs or attitudes.

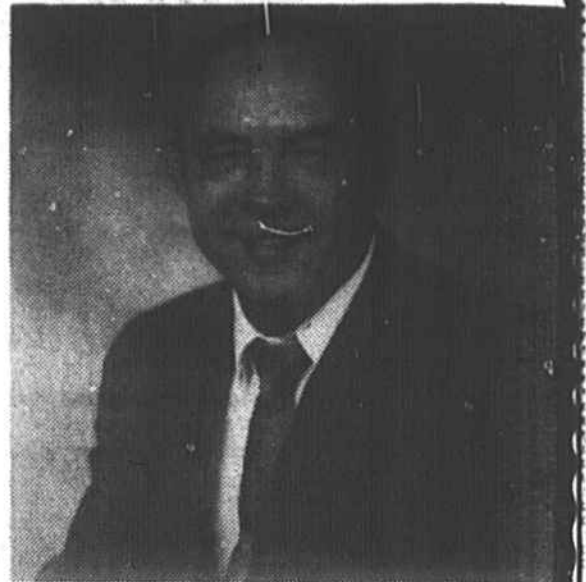
Take Rt 50 to Maryland Avenue in Cambridge, turn west onto Maryland and go to the first light and turn right into Sailwinds Park. For further information call 410-376-3889.

## Vote

Rev. Jerry McNeill

Lumbee Tribal Chairman

Saturday, September 26, 1998



- 15 years of experience in Pastoral Leadership; Counseling & Finance Budgeting
- Graduate of Coastal Bible College
- Attended Carolina Bible College for 3 years
- Founder of Riverside Christian Academy & Riverside Daycare
- Member of Lumbee Tribal Council for 4 years

I, Jerry R. McNeill, am seeking the position of Tribal Chairman. Listed below are my goals and objectives:

- To bring all Lumbee people under the umbrella of the Constitution, working together in harmony toward self-government as a sovereign people;
- To select an advisory board from 21 districts to communicate with the Tribal Council and Chairperson;
- To search all governmental agencies for funding for housing, education (grants and scholarships), and social programs that will enhance the young and elderly;
- With the consent of the Tribal Council, I plan to seek a tribal administrator who will oversee the execution of the laws and programs set forth; I will attend Tribal Council Meetings on a regular basis in order to inform the Council of my endeavors and progress; I will be an ambassador for the Lumbee people, their representative before local and state agencies to assert the positions and concerns of the Lumbee people; I will work with all politicians local and state to achieve Federal recognition for Lumbee people.

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Using the term A-1 to describe anything unusually good originated with Lloyd's of London, which so designated the most seaworthy ships.

The presidential custom of throwing out the first ball of the baseball season began under William Howard Taft in 1910.

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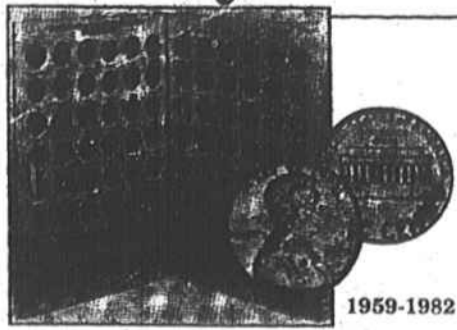
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