

**SERIES: August / September Series “HE IS ENOUGH”**

**SPEAKER: NAT CRAWFORD**

**Saturday, 09/11/2021**

**Scripture: Colossians 3:8-9a**

**TITLE: Controlling our Emotions and Mouths**

“I wish I wouldn’t have said that.” I can’t tell you how many times I’ve felt this way. I mean, just yesterday, I came home from work, and I saw that something wasn’t done. So I went to my oldest son and didn’t say “Hi” or “How’s your day going?” I didn’t even say, “Wow! Thanks for all your work around the house. It looks like you’ve been busy.” Instead, I got frustrated that this one thing wasn’t done and told him.

We are all prone to anger, criticism, slander, and even filthy language. Our mouths and our reactions can get us into a lot of trouble. But there’s a better way. Paul will share that in Colossians 3:8-9a.

“But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language. Don’t lie to each other...”

In the previous verses, Paul has told the Colossian church that with their lives can reveal Christ to a broken world. Therefore, kill the existing sin in their lives. He mentions greed and sexual immorality. Now he nails some common struggles for us all.

He says, “get rid of.” This is a term that means “to take off.” It’s a metaphor for taking off clothes. Take off these old ways. Take off these old sin habits. He mentions anger. Anger is that deep resentful bitterness that tears us and others up. Now, being angry is not a sin by itself. It can be justified. But there’s also sinful anger that comes from pride. And it’s what we do with that anger that can be sinful.

He says, take off rage. It’s those sudden and stinging outbursts of anger that often leave people bloodied and bruised emotionally. He says take off malice which means moral evil. He says take off slander or blasphemy. It’s damaging and hurtful to the people, but it’s also blasphemy against God. You’re lying against another human made in the image of God.

Then Paul says filthy language. The idea includes abusive language. This ties back to the context of anger. But it also includes any filthy cursing or coarse joking, or crude language. Then Paul says, “oh, and by the way, don’t lie.” If I could summarize Paul’s admonition, it would be to refrain from anger and control your mouth.

So here’s my challenge for you today: Ask God for help controlling your emotions and how you respond to them. When I began to criticize my son, the Spirit convicted me, and I apologized and started again. But I would have been better off living in the power of the Spirit.

So ask God for help controlling your tongue. Ask God for help controlling your anger and your emotions. We want to glorify God and honor each other in our words, our actions, and our reactions. Thankfully, in God’s power, we can.