



September 21, 2020
No Fixed Stain
Read Psalm 4:4; Proverbs 15:18

Liz walked into the living room with her arms crossed and her jaw clenched. Mom looked at her and frowned. "Don't tell me you're still angry over what happened with Sonja," she said. "Yes, I am!" replied Liz. "Sonja shouldn't have taken my seat on the bus. She knows I always sit with Janet." "Maybe she does, but you shouldn't be mulling over it so long," said Mom as she knelt down to scrub the carpet. Liz stared at the stain her mother was vigorously trying to get rid of. She saw that the stain made by spilled grape juice was becoming wider by the second. "That stain is getting worse instead of better," warned Liz. "Do you think it will ever come out?" "I hope so," said Mom. "Of course, it would have come out a lot more easily if I had cleaned it right after the juice was spilled." Mom wiped the sweat from her brow and glanced up at Liz. "You should deal with your anger the way I should have dealt with this stain," she added. Liz frowned. "What do you mean?" she asked. Mom continued to rub the burgundy blotch. "Time has allowed this stain to penetrate into the carpet fibers," she explained. "Anger does something like that to your heart. If it's permitted to stay and saturate there, it becomes increasingly difficult to remove. Over time, it widens into bitterness and rage." Liz looked at the stain on the carpet and sighed. "Okay," she agreed. "I don't really see how I can help being angry with Sonja, but I'll try to get over it." Mom smiled. "Right choice! Never let your anger turn into a fixed stain inside you," she said. "Start by talking to God about it. Pray for Sonja, too. It's hard to be angry with someone you're praying for. With God's help, you can let your anger go."

HOW ABOUT YOU?

Are you angry over something that happened a day ago, a week ago, or even a month or more ago? Has your anger spread into other areas of your life? God doesn't want anger to become a fixed stain on your heart. Ask him to help you release it. Don't wait—talk to him about it now.

DEAL WITH ANGER NOW

Scripture Memory Verse:

"Stop your anger! Turn from your rage!"

Psalm 37:8