



TRANSFORMED

DEVOTIONS CONNECTING TEENS TO CHRIST

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. “In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold. ... Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

Ephesians 4:22-27, 29-31

Words of Mass Destruction: Angry Words

As a kid, one of the Christmas toys I enjoyed playing with the most was a remote-controlled car. The best part about having a remote-controlled car is that I had complete control over everything the car did. I could control the car and make it go forward. I could control the car and make it go backward. I could even make it stop whenever I wanted...or smash in to whatever I wanted (which is probably why it only worked for about three months). Nevertheless, I controlled the car. It was fun.

It is fun to control something. But it isn't as much fun when something controls us. Anger is an emotion that often takes control of us. Anger tries to place its hands on the remote and to control us, even to control our words.

Now, anger is an emotion. In and of itself it is not sinful. However, when our old self experiences anger, it fuels that anger so that we become inflamed and burst into rage. This bursts out of our mouth in angry words.

God should rightly burn at us for our out-of-control anger. But instead, God directed his anger at his Son and away from us! Jesus was punished with all of God's anger so that we are forgiven.

So now, instead of letting the old self allow sinful anger to control our words, let's live by the Spirit and control the words that come out of our mouth. Let's be taught by the Spirit to know and love God's Word. Let's walk by the Spirit so that we follow God's will. And then, let's speak the truth in love, but never in anger.

Let the new self, not anger, have control over your words.

PRAYER: Holy Spirit, only you can take away my anger and replace it with your desires. Teach me to speak with love, joy, and patience. Show me how to preserve what my anger seeks to destroy. Amen.