

Bethlehem Moravian Church

Volume 6, March 2017

The Season Cent

If that Isn't Love

He left the splendour of Heaven Knowing His destiny Twas the lonely Hill of Golgatha There to lay down His life for me. If that isn't love?

(Submitted by Sis. Linda Simpson)

What is Love? Some say love is what we experience in any moment that we are with someone without having or believing any judgments about that Others say that love is completely person. unconditional - it has no conditions.

1st Corinthians chapter 13 vs. 4-8 say: "Love is patient, love is kind, love is not envious or boastful or arrogant or rude. It does not insist on its own way, it is not irritable or resentful, it does not rejoice in wrongdoing, but rejoices in the truth, it bears all things, believes all things, hopes all things, and endures all things. Love never ends." This love is between man and woman and God coming together with marriage.



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Meditation – Love (Linda Simpson)	pg. 1
This Month in Moravian History at Bethlehem	pg. 2
Provincial Theme: Use the Keys - Knowledge	pg. 2
Fun Corner (Word Search) : Jesus was Tempted Too!	pg. 2
From the Pastor's Desk – "Lent"	pg. 3
This Month in Moravian History – New Herrnhutt	pg. 4
Helping Hands – Our Mission Fields/Financial Status	pg. 5
Mark Your Calendar – Celebration/Announcements	pg. 6
Greetings/Information/News – from Home & Abroad	pg. 7
Truths/Tips – Something For Every Age	pg. 8

Inside This Issue

Brotherly Love is another form of love among Luke chapter 10 vs. 27 says: "Love your men. neighbour with all your heart and with all your mind and with all your soul." The story of The Good Samaritan shows us that brotherly love - where the Samaritan came to the rescue of the man who fell into the hand of robbers - he felt compassion on him. This love can relate to us today, how we treat our brother and sisters in need, and how we show compassion.

The most important Love of all is Agape *Love*, this is the love between God and man. We see



Special Unity Offering on Sunday, March 5 throughout Moravian Churches. This year's Unity Offering will go towards supporting the Unity Mission Conference in Cape Town, South Africa (Nov. 15-20, 2017). A Special Offering for Theological Students will also be collected on Sunday, March 26, 2017.

Remember in Prayer our Moravian Students - Bro. Kevin St. Hill of Barbados, and Bro. Daniel Mark of Tobago, currently on roll at the United Theological College of the West Indies (UTCWI) in Jamaica; as well as Warden/Tutor - Rev. Neilson Waithe.

this in that familiar passage taken from the Gospel according to John, Chapter 3 verse 16 which says : "For God so love the world that He gave His only begotten Son that whosoever believeth in Him shall not perish but have everlasting life." God loves us so much that He sent His only Son to die for our sins. This type of love characterizes God – it is not a 'sappy' sentimental feeling such as we often hear being portrayed. God loves the 'unlovely' – not because we deserve to be loved. This should tell us that we need to always believe and trust in Him. God said in His Word 'He will never leave us nor forsake us' therefore we should give him all the praise.

Let us pray: Heavenly Father, we come before you giving all the praise and thanks unto you. We thank you for sending your Son, repaying our debt. We humbly ask for your continued blessing over our nation, and for those who do not know you like we do. You promised you will never leave us nor forsake us, and we are entirely grateful help us to continue to show that brotherly that we can come together and stand as one in peace and harmony with one another. These things I ask in Jesus' name. Amen.



JESUS WAS TEMPTED TOO!

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WLDERNESS FASTED STONES							NES		

Word Search

WLDERNESS	FASTED	STONES
TEMPTED	FORTY	LOAVES
DEVIL	HUNGRY	ANGELS
FOOT	SATAN	WORSHIP

THIS MONTH IN MORAVIAN HISTORY AT BETHLEHEM

<u>⋕ 1457</u> March	The Moravian Church was founded in Bohemia and Moravia, and this is celebrated annually on March 1 st
<mark>⋕</mark> <u>1964</u> March 15	Our first Confirmation Service5thheld at Bethlehem:- Bro. Winston Cumberbatch

Provincial Theme 2017 "Advance the Kingdom Use the Keys"...

There are many keys, but ONE Door.

By studying the many keys to the Kingdom, we will be brought to the knowledge that keys are accessible, available and ought to be fully utilised.

Suggested Areas of Study: THE KEY OF KNOWLEDGE

(Proverbs 3:5-12).

The Key of **Knowledge** leads to a greater understanding of God. This knowledge leads us to:

- 1. Totally Trust
- 2. Always Acknowledge
- 3. Faithfully Follow

We are therefore encouraged to:

- 1. Get Wisdom
- 2. Get Understanding
- 3. Fear the Lord
- 4. Depart from Evil
- 5. Honour the Lord

Having experienced the chastening of the Lord, we are called to live a transformed life. This chastening should not leave us to think we are victims, but rather victors, bringing glory to God.

More on "Use the Keys" Next Issue





Rev. Delroy Burley

'The Season of Lent' Isaiah 58:1-12

As we are all aware, we are now in the season of Lent. This season serves as a preparation period for the time of celebration at Easter where we celebrate the resurrection of our Lord, Saviour, and soon coming King, Jesus Christ. During this season, we remember the time of fasting and prayer Jesus spent in the wilderness prior to His ministry. For us then, this season of Lent takes on a mode of penitence, and repentance. It is also a time when we take on activities that help us to engage in more intentional reflection such as fasting, personal as well as corporate meditation exercises.

There is a danger however, that we must be careful of. In the scripture reading from Isaiah 58: 1-12, you will observe that there is a mode of conduct that resembles that of Lent. Clearly the prophet Isaiah is speaking to the nation of Israel and is opposed to their seemingly 'good' conduct. The people of Israel would dress in sackcloth and would put ash on their faces as a sign of sorrow or grief, but the prophet admonishes that the Lord was not pleased with their fasting and prayer. You may ask, 'why?' For this reason, the Lord was not pleased with their actions because it was not genuine. The Israelites fasted because it suited their fancies, but they continued in conduct that exploited their neighbours and inevitably displeased God in the process. In this text, the Israelites would impose high taxes on their fellowmen, they charged high interest rates on loans and when their neighbours could not repay, they would take their land and whatever property. They condoned slavery and persons even hid themselves so as not to help their family members who were in need.

By now we can see that it is quite possible for us to engage in activities that characterize godliness, penitence, and sorrow without any true repentance from us. The Jews of the time were engaging in fasting and prayer, but they were not acting as truly repentant sinners. In spite of all the social injustices and misconduct that were present in the nation, the Israelites still practiced their faith, but God let them know that He was not pleased with their fasts because they were not genuine enough in the working of acts of justice.

So what is the lesson for us in the 21st century? The danger of engaging in meaningless fasts and other acts of penitence is present. The temptation exists for us to engage in religious practices that have no positive impact on how we relate to our neighbours. It is possible for us to attend Lenten meditations, to fast and pray but yet, to ignore the cries for help of our neighbours. It is still possible for us to attend church as, believers/Christians, regularly but to ignore the opportunities for service available within our church and communities. It is still possible for us to be aware of this season and its significance in the Christian faith, but still remain instruments that perpetuate injustices to our neighbours. Look around and you will see, don't take my word for it - see it for vourself.

However, God is a merciful God because through His Son, Jesus Christ, invites and welcomes all repentant sinners into relationship with Himself. This relationship requires love for God. This love is lived out not in isolation, but rather, in community that is, our love for and devotion to God is shown in how we treat others around us. What kind of fasts and prayers does the Lord require of us? What are you doing this Lenten season that you seek God's forgiveness? God desires fasts where we actively seek the good for our neighbours. God desires fasts where we offer ourselves for the services available within the Church and community, thus building up the kingdom of God. Then the Lord will hear our prayers and will forgive us and will not be displeased with us. Let us then, during this time of Lent seek to please God as we seek to live out our love and devotion for God in our congregation and community life.

Prayer:

Lord, teach us how to grow in Thy goodness daily as we grow. Step by step, O lead us onward, upward into You - wiser, stronger, still becoming in Thy truth. Never leave us, nor forsake us; ever be our friend; for we need You, from life's dawning to its end, Amen.

Source: Jesus, friend of little children...



The oldest Moravian Church in the western hemisphere is New Herrnhut on the Caribbean island of St. Thomas. It was founded over 275 years ago in 1738 after Moravians purchased the land at a public auction. This is an uplifting story of how the first church for enslaved people was founded; it is also the sad story of Moravian involvement in the institution of slavery.

Moravians first came to St. Thomas in 1732 to preach the Gospel to the enslaved Africans. On Sundays, the missionaries visited plantations where they were allowed to hold meetings with the slaves. Beginning in April of 1737 they also held worship services at a place they rented in Charlotte Amalie, described as "two small huts with a dirt floor."

As their audience grew, the missionaries began to consider purchasing their own plantation. Here they would have more room for their church services and a school. They could also remain undisturbed from the attempts of their opponents to interfere with their work. Furthermore, they would have an opportunity to plant their own vegetable garden, something that was impossible in Charlotte Amalie.

On July 10, 1738, missionaries Friedrich Martin and Matthaeus Freundlich together with his wife Rebecca, asked Johann Carstens, a Danish planter who was sympathetic to the mission, to attend a public auction in Charlotte Amalie. The plantation of the widow Dorothea Salomon, including its slaves, was up for sale that day. The missionaries intended to buy two of the slaves, Anna Maria and Christoph. They were converts and the Moravians wanted to prevent them from being sold to slave owners who may be unsympathetic to the cause of the mission. In March of the same year two slaves-helpers in the small congregation on another plantation-had been separated from their wives and sent away to St. John by their owner in order to pay off a debt. Martin and Freundlich wanted to prevent such a thing from happening again.

While the auction was in progress, so it is told, Rebecca suddenly had an idea. She spoke to Br. Martin: "Listen, since we are oppressed everywhere, talk to Mr. Carstens to buy this piece of land. They ask 300 dollars, without the people who are being sold as well." Although Br. Martin thought it may be too late for that, he and Freundlich wrote a quick note and sent it to Mr. Carstens. Carstens increased his bid and the plantation was sold to him. Carstens left the plantation to the Moravians, who paid him back the following year. Thus the Moravians became owners of a plantation, including five men, three women, and a girl.

After the auction, Christoph and Anna Maria went to the missionaries to bring them the news. That evening, forty Africans gathered in the mission house for a thanksgiving service. The next morning Br. Martin and Christoph went to inspect the plantation. Coincidentally a shipment of Dutch Moravian hymn books had just arrived from Amsterdam for use in the new congregation; on July 20th the first church council was held. By August the missionaries had completely moved out of their house in Charlotte Amalie; from then on this plantation was the center of Moravian activity on the island.

The Moravians initially named their plantation *Heerentoetoe*. Moravian historian Oldendorp explains this Dutch creole word means "*sea shell of the Lord*." The sea shell could be used as a conch to gather people for Church.

The Moravians initially named their plantation Heerentoetoe. Moravian historian Oldendorp explains this Dutch creole word means "sea shell of the Lord." The sea shell could be used as a conch to gather people for church. Modern scholars think it unlikely anyone was allowed to use a conch or even a bell in those years. All sounds of this nature could be interpreted as a fire alarm or as a signal for a rebellion. Another explanation is that Tutu is a geographical name. Tutu appears on 18th-century maps and is in fact still used as a geographical name for the immediate vicinity of the original plantation. So it may be more likely that the Moravians took the existing toponym Tutu and combined it with the prefix Heeren (of the Lord), similar as to Herrnhut, Herrnhaag, and the Dutch Heerendijk. In 1745 the mission station was renamed Deknatel after Joannes Deknatel, a Mennonite minister in Amsterdam who had close contact with the Moravians. In 1757 the mission received its current name, New Herrnhut.

> Published by Moravian Archives in Bethlehem Adapted: (March 2013 Issue – No. 80)

Kelping Hands - Our Mission Fields

✓ Church Quota and Arrears – In an effort to help lower our debt to the Conference, it would be prudent for us to pay an additional \$500 each month towards our quota arrears, while maintaining our monthly quota payments. As a result, to aid in achieving this target, each member is encouraged to contribute towards this amount on the 4th Sunday of each month. Any amount donated will be appreciated.

✓ Greetings/Birthdays/Anniversary Cards – Let us strengthen our fellowship in Christ as we seek to welcome visitors and help celebrate special occasions in the life of members and visitors alike. Make your contribution to Sis. Diana Yarde or Anthea Barrow.

✓ The 32^{nd} Provincial Synod of the Moravian Church, Eastern West Indies Province is scheduled to be held in Barbados (July 2018). The Barbados Conference has begun to make preparations for this event, including fundraising. Members and friends of the Moravian Church are asked to make a weekly contribution of \$1.00 (collected monthly on 3^{rd} Sundays) towards those costs for which the Conference will be responsible.

✓ The Cuthbert Pilgrim Memorial (CPM) Hall is available for rentals – Conferences/Seminars, Meetings, Wedding Receptions, Graduations, etc. Just off the Maxwell Coast Road, minutes away from the Airport, it is situated within a quiet residential area, with ample parking available. To view/book, contact CPM Hall Manager, Sis. Eudora Mascoll (246-428-4784 or Assistant, Sis. Desma Linton (246-428-2962).

✓ Bethlehem's Beautification Project for the Church and Grounds is on-going. Lend your support.

✓ This Newsletter - The Bethlehem Herald is a monthly publication circulated electronically. Ideas, photos and articles are welcomed. Send to <bethlehemmoravianchurch@gmail.com>

Remember In Prayer



✤ Our Sick & Shut-In/Recovering: Shut-in Communion/Visitation – 1st and 3rd Tuesdays

	ion i and s i desuays
NAMES	CONTACT NUMBERS
Sis. Boothe Chase	246-428-6068
Sis. Mavis Chase	246-428-6258
Sis. Emily Forde	St. Philip Family Care
	246-622-1897
Sis. Gracie Maynard	246-428-3678
Sis. Dorothy Waite	246-428-2877
Sis. Marjorie Worrell	246-437-1805
Sis. Odessa Haynes	246-426-8663

Persons grappling with the **loss of a loved one.**

- All Theological Students, Warden & Tutors
- Sis. Andrea Pitt, Youth With A Mission Program
- Chairman of the Unity, Rev. Dr. Cortroy Jarvis
- The Moravian Church & Jamaica Province.

Financial Status

Target: \$ 9,000 monthly Bethlehem's monthly Quota to Conference: \$4,796.67 Quota Arrears: \$65,363.78

Special Envelope this month (March): Unity Offering & Theological Student Offering

Please give to God what He truly deserves

Income for February 2017	
	\$
Initial Offering	20.00
Envelopes	4,444.00
Loose Offering	1,703.34
Sunday School	59.25
Sub-Total	6,226.59
Other Monies raised February 2017	
	\$
CPM Hall - Rental	1,750.00
Other funds collected	
Quota Arrears to Conference	315.00
'Caribbean Moravian Praise' Hymnal	140.00
Moravian Daily Texts	276.00
"Youth With A Mission" Outreach	103.25
'Synod Walk—Up Offering	274.00
TOTAL	9,084.84

Walk-Up Offerings:

- 1	st Sun.	Bethlehem's	Building Fund

- 2nd Sun. "Youth With A Mission"
- 3rd Sun. 32nd Provincial Synod Prep.
 - 4th Sun. Bethlehem's Quota Arrears

Thank You:

- For your willingness to contribute to defraying the cost of printing this year's Lenten Devotionals, and thanks to the contributors from among our congregations who submitted their themed contributions to the Booklet.
- To all who shared or otherwise participated/assisted in the Joint Congregational Retreat (Bethlehem and St. Philip Fellowship) last month (February 4, at Bethlehem's CPM Hall).
- The individuals, organisations/groups assisting in the worship experience throughout this Lenten Services.

Mark Your Calendar – March

Bethlehem's Hours of Worship:

- Sunday School : Sundays @ 9:00 am
- **Divine Worship :** Sundays @ 10:00 am
- No Bible Study or Prayer Meeting this Month (replaced by Lenten Services)
- Lenten Mid-Day and Mid-Week Services: Wednesdays @ 12:15 pm and 7:30 pm. Come and invite someone.
- **Pastor's Office Hours** : Fridays, 3:00 pm to 6:00 pm (*by appointment*)

Assisting with the Worship experience this month:

- **The Women's Fellowship** will be assisting with Cleaning and Preparing the Sanctuary.
- **The Elders' Board** will be assisting with Readings and Prayer
- ☐ Moravian Daily TextBooks are available American Paperback Edition : Large Print @ \$25.00 and Small Print @ \$22.00. Secure a copy as a gift or for yourself.
- ☐ The Lenten Devotional will be out this month. Please secure your copy, when available. Any funds contributed to defray the cost of printing the 2017 Lenten Devotionals should be paid in to the Treasurer, Sis. Desma Linton.
- Ash Wednesday Services will be held March 1, 2017 at 12:15 pm and 7:30 pm at Bethlehem.
- ☐ The World Day of Prayer will be held across the island on Friday, March 3, 2017. Bethlehem is invited to share in Fellowship with the Salvation Army in Montrose at 7:00 pm.
- ☐ Moravian Lay Academy continues every Monday at 6:00 pm at Calvary Moravian - "Introduction of the Old Testament". It is not yet too late to join, learn and share.
- □ Conference's Church Leaders' Retreat takes place on Saturday, March 4th at Sharon from 10:00 am – 3:00 pm under the Provincial Theme: "Advance the Kingdom – Use the Keys". Registration Forms have been made available in each congregation (Deadline: February 26). Lunch will be provided. Cost: \$20.
- □ Unity Sunday will be celebrated on March 5 in all Moravian Churches. This year we celebrate the 560th anniversary of the founding of the Moravian Church. A special offering will be taken in all Moravian Churches worldwide, which will go towards supporting this year's Unity Mission Conference.
- Our Annual March of Witness on Unity Sunday (March 5) will be hosted by the Clifton Hill congregation and starts at 3:00 pm. Bethlehem will march with Group 2 from the Christian Mission Church, Sugar Hill, St. Joseph to Mayers Corner to link with Group 1 at Mayers Corner for the march to Clifton Hill Moravian Church for the Rally. One

representative from Bethlehem will present a **5minute presentation** and all groups will Rally.

- **Fulnec's Week of Services : March 6-10** at 7:15 pm.
- **Joint Board** will meet **Tuesday, March 7**, at 7:30 pm.
- Conference Sunday School Spelling 'B' and Quizz Competition to be held March 11.
- ☐ Island Conference will be held at 10:00 am on Saturday, March 18 at the D.C. Moore Conference Centre at Sharon. Reports must be submitted by February 28. Delegates MUST be seated by Roll Call.

Centenary's Concert on Saturday, March 25 at 6pm

Other Reminders/Lenten Assignments

The theme for the Season of Lent is "..and lead us not into temptation." Group assignments are as follows:

Date	Assigned	Sub-Theme/Text
March 1	Elders'	Surrender our will
	Board	1 Corinthians 10:5-13
March 8	Men's	Teach us patience
	Fellowship	Romans 8:24-30
March 15	Women's	Show us how to be humble
	Fellowship	Matthew 18:1-4
March 22	Stewards'	Help us to show love
	Board	1 Corinthians 13:4-8
March 29	Choir	Teach us to Pray
		Luke 11:1-13
April 5	S. School &	Teach us how to serve you
	Youth	while serving others
	Fellowship	Matthew 25: 31-40

Announcements

- Rev. Andrew Roberts was granted Furlough from February 1 to May 30, 2017.
- ☐ The St. Philip Fellowship expresses thanks to all who supported their Tea Party and Fundraising effort held last month (February 11).
- **The Unity Mission Conference** will be held in Cape Town, South Africa from November 15-20, 2017.
- □ Vacancy post of Supervisor at Gracehill Moravian Pre-School. Contact the Superintendent, Barbados Conference, Rev. Vera Waithe (Tel: 246-438-7388/246-424-9232).

This Month & Upcoming:

Harvest Festivals:

- Gracehill : March 12 - Penuel : March 26

- Mt. Tabor : March 19 - St. Philip F/ship @ Bethlehem : Apr. 2 Lenten Devotionals & Mid-Day & Evening Weekly Services (Lent) Palm Sunday Service w/Community March @ 10:00 am : Apr. 9 Joint Maundy Thursday (w/St. Phillip F/ship) @ 7:30 pm : Apr.13 Good Friday Service @ 10:00 am : Apr. 14

Easter Sunrise Service @ 5:00 am & Worship @ 10:00 am : Apr. 16

Greetings Information & News: From Home/Abroad

BIRTHDAYS MARCH



- 01 Bro. Michael Holder 01 - Sis. Jaida King-Greenidge 04 - Sis. Kaninie Knight
 - 11 Bro. Andrew Edwards
 - 20 Sis. Verve Alleyne
- 04 Sis. Eleanor Hollingsworth 21 Sis. Eudora Mascoll 29 - Bro. Martin Adams
- 05 Sis. Ashley Greene
- **ANNIVERSARIES**

MARCH

01 - Moravian Church (celebration on 1st Sunday) 560 Years

March Of Witness & Rally - Details

- The Annual March of Witness on Unity Sunday (March 5) will be hosted by the Clifton Hill congregation. The Conference will divide into two groups and commence the March from 3:00 pm. Group 1 will march from St. Bernard's Primary School, Lammings, St. Joseph to Mayers Corner. Group 2 will march from the Christian Mission Church, Sugar Hill, St. Joseph to Mayers Corner. Both groups will then march to Clifton Hill for a Rally in the Church. You are reminded to wear your congregation's colour and bring along your banners, and musical instruments. Group 1: Mt. Tabor, Penuel, Calvary, Grace Hill, Centenary, & Clifton Hill representatives. Group 2: Sharon, Dunscom be, Bethlehem, St. Philip, Fulnec, Clifton Hill representatives.
- The Moravian March of Witness Rally (March 5) will consist of five (5) 5-minute presentations - one The Rally follows the March per Pastorates. through the Clifton Hill communities.
- The EWI Province will participate in the Unity Prayer Watch which began on August 13, 1727. This prayer chain will run unbroken from 12:00 AM on Monday, April 3, until Midnight on Saturday, April 15, 2017 per the following schedule :

Conference/ Mission	Time From	Time To
Grenada	12:00 AM	8:00 AM
	Mon., Apr. 3	Mon., Apr. 3
Tobago	8:00 AM	8:00 AM
_	Mon., Apr. 3	Wed., Apr. 5
Trinidad	8:00 AM	8:00 AM
	Wed., Apr. 5	Thurs., Apr. 6
Barbados	8:00 AM	8:00 PM
	Thurs., Apr. 6	Sat., Apr. 8
Virgin Islands	8:00 AM	8:00 AM
_	Sat., Apr. 8	Tues., Apr. 11
St. Kitts	8:00 AM	12:00 Mid-night
	Tues., Apr. 11	Wed., Apr. 12
Antigua	12:00 Mid-night	12:00 Mid-night
	Wed., Apr. 12	Sat., Apr. 15

The Rudolph Kolder Memorial 20/20 Cricket Competition

This year's Cricket Competition will consist of two zones - the Rev. Dufferin Culpepper and the Rev. Romeo Challenger Zones.

There will be two Shields to be won. The Rev. Holder Shield will be contested by the Moravian Teams. The second - the Moravian Memorial T-20 Cricket Shield, will be contested by all teams within the competition. Visiting teams this year are: Cox Road and Dunamis.

Rules

- * Registration Fee is \$15.00 per person
- * All congregations are requested to wear their respective colours
- * Each Team must register a minimum of 12 persons
- ••• Each Team must consist of at least one (1) Female
- * 10 runs will be deducted if there is no female player registered.
- * If there are no female players on the team during a match, 10 runs will also be deducted
- * 10 runs will be deducted for every 15 minutes that a match is delayed by any team, (unless 1-2 days' prior notification is given)
- $\mathbf{\dot{v}}$ Managers and organisers are requested to encourage their supporters to maintain good sportsmanshiplike behaviour in the spirit of the game
- $\dot{\mathbf{v}}$ All complaints are to be lodged through the Disciplinary Committee put in place for the Competition.

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Mar. 10		Cox R	oad	VS	Calvary
Mar. 30		Sharor	ı	VS	BCCF
Apr. 7		Cox R	oad	VS	Sharon
Apr. 21		BCCF		VS	Cox Road
April 28		Calvary		VS	Sharon
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Mar. 17 Mar. 24	Dunscon	100		Du	

Final: May 19

Truths/Tips... Something For Every Age

Teen's Corner TEMPTATION

Does a day go by where there isn't a temptation to do something wrong or to react in the wrong way?

You want to live right...you want to do as God would have you to do, but sometimes, it almost seems impossible. Is there any help?

Let's look to God's Word.

Use the Code Chart below to finish the verse.

(eg: K = 24)

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LET US TRY TO UNDERSTAND ANGER

Anger is often the result of feeling that someone is treating you unfairly, is unkind, or that someone is trying to take advantage of you. You may feel provoked. Anger also comes when you feel the threat of some loss.

- Can you remember the last time you were angry?
- Can you remember how you felt?
- Can you remember how you resolved your anger?
- Did your anger cause you to behave in a way that you were sorry about, after?

When we are angry we can feel upset, annoyed, furious, frustrated, and hurt. Everyone has feelings of anger from time to time. Anger is an emotional feeling. Some persons have problems managing their anger effectively. That is why they get into fights, look to weapons, drugs and other vices to make them feel better.

Understanding your anger will be important for you in understanding yourself.

...A typical sequence of events when anger occurs:

- Anger is triggered by an event, a provocation. Someone said or did something to you.
- Angry thoughts are developed. You feel upset, *irritable.*
- The next behaviours are based on the angry thoughts.
- Anger is fed and increases. If not managed, feelings of anger intensify and become far more difficult to control.
- Anger that is not managed triggers drawn out, painful and destructive series of angry thoughts and actions. These angry thoughts are often seen in persons fighting, cursing, or using a weapon.

It is important that we accept that it is our own thoughts and actions that prolong anger. In other words, it is not the event or what someone has said or done to us. If someone steps on our toes, calls us a name, carries away our girlfriend/boyfriend, we may be upset, we may be angry, but we have to decide how we are going to behave.

For more, read: "Managing Anger/Resolving Conflicts : A Handbook for Students" by Neilson A. Waithe

"Advance the Kingdom: Use the Keys"