

# Calm Down

Psalm 7:1-17; Mark 3:1-12 / Psalm 5:1-12

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## ***I. Anger, Stress, and Tension Are Normal***

**A. High-energy stress states are not inherently bad things; God is angry on a daily basis.** “God judgeth the righteous, and ***God is angry with the wicked every day.***” (Psalm 7:11)

**B. God has made promises to His people which will necessarily result in hard times for the wicked; anger against evil is part of the force producing relief for the righteous.** “I know that the ***LORD will maintain the cause of the afflicted, and the right of the poor. Surely the righteous shall give thanks*** unto thy name: the upright shall dwell in thy presence.” (Psalm 140:12-13)

**C. High stress states are so important that in some cases their absence would be utterly inappropriate; imposing sinful human definitions on God's words can blind people to reality.** “These *things* hast thou done, and ***I kept silence; thou thoughtest that I was altogether such an one as thyself: but I will reprove thee,*** and set *them* in order before thine eyes. Now ***consider this, ye that forget God,*** lest I tear *you* in pieces, and *there be* none to deliver. Whoso offereth praise glorifieth me: and ***to him that ordereth his conversation aright will I shew the salvation of God.***” (Psalm 50:21-23)

**D. The critical fact is not the state, but what is done with the amassed energy; Jesus turned anger into healing.** “And when ***he had looked*** round about on them ***with anger, being grieved for the hardness of their hearts,*** he saith unto the man, Stretch forth thine hand. And he stretched *it* out: and ***his hand was restored whole as the other.***” (Mark 3:5)

## ***II. Be Cautious***

**A. Bottled Tension festers till it explodes; empty the bottle. "Be ye angry, and sin not: let not the sun go down upon your wrath:"** (Ephesians 4:26)

**B. Ignored Tension distorts life, causing grudges and corrupting relationships; enemies and abusers are opportunities for grace. "Thou shalt not hate thy brother in thine heart:** thou shalt in any wise rebuke thy neighbour, and not suffer sin upon him. **Thou shalt not avenge, nor bear any grudge** against the children of thy people, but thou shalt love thy neighbour as thyself: I *am* the LORD." (Leviticus 19:17-18) "But I say unto you, Love your enemies, bless them that curse you, **do good to them that hate you, and pray for them which despitefully use you, and persecute you;**" (Matthew 5:44)

**C. Vented Tension makes the angry person look foolish. "A fool uttereth all his mind:** but a wise *man* keepeth it in till afterwards." (Proverbs 29:11) "Behold also the ships, which though *they be* so great, and *are* driven of fierce winds, yet are they turned about with a very small helm, whithersoever the governor listeth. Even so the tongue is a little member, and boasteth great things. Behold, **how great a matter a little fire kindleth!** And the tongue *is* a fire, a world of iniquity: so is the tongue among our members, that it defileth the whole body, and setteth on fire the course of nature; and it is set on fire of hell. For every kind of beasts, and of birds, and of serpents, and of things in the sea, is tamed, and hath been tamed of mankind: But **the tongue can no man tame; it is an unruly evil, full of deadly poison.**" (James 3:4-8)

**D. Misdirected Tension corrupts attitudes and relationships; righteous anger when left to itself can yield bitterness. "Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:"** (Ephesians 4:31) "But if ye have **bitter envying and strife in your hearts,** glory not, and lie not against the truth. **This wisdom descendeth not from above,** but *is* earthly, sensual, devilish." (James 3:14-15)

### ***III. Manage Tension Faithfully***

**A. Think before speaking. "Let no corrupt communication proceed out of your mouth,** but that which is good to the use of **edifying,** that it **may minister grace** unto the hearers." (Ephesians 4:29)

**B. Use anger righteously; study the example of Abigail.** "*A soft answer turneth away wrath:* but grievous words stir up anger. The tongue of the wise useth knowledge aright: but *the mouth of fools poureth out foolishness.*" (Proverbs 15: 1-2) "And when *Abigail* saw David, she hasted, and lighted off the ass, and *fell before David* on her face, and bowed herself to the ground, And fell at his feet, and said, *Upon me, my lord, upon me let this iniquity be: and let thine handmaid, I pray thee, speak in thine audience, and hear the words of thine handmaid.* Let not my lord, I pray thee, regard this man of Belial, *even Nabal:* for as his name *is,* so *is* he; *Nabal is his name, and folly is with him:* but I thine handmaid saw not the young men of my lord, whom thou didst send." (1 Samuel 25:23-25) "I pray thee, *forgive the trespass* of thine handmaid: for *the LORD will certainly make my lord a sure house; because my lord fighteth the battles of the LORD,* and evil hath not been found in thee *all thy days.*" (1 Samuel 25:28) "And David said to Abigail, *Blessed be the LORD God of Israel, which sent thee this day to meet me: And blessed be thy advice, and blessed be thou,* which hast *kept me* this day *from coming to shed blood, and from avenging myself* with mine own hand." (1 Samuel 25:32-33) [See the entire story of Abigail.]

**C. Study the heart to become calm in the Lord.** "*Examine yourselves, whether ye be in the faith; prove your own selves.* Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?" (2 Corinthians 13:5) "*Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.*" (Isaiah 26:3)