

Don't Blow Up!

LESSON BY SETH REYNOLDS (FOR LADS TO LEADERS/LEADERETTES)

Introduction: Have you ever watched fireworks before? I think fireworks are awesome! As I start my lesson today I would like for us to try something. Please, close your eyes for a moment and remember the last time you watched fireworks. Imagine that you are sitting there in the dark. Waiting quietly. . . . then you hear a noise you see a stream of fire soar through the air then BOOM! A bright light bursts open in the sky. Then, there is another burst and another until the whole sky lights up with different colors. Now, the fireworks are over, so you can open your eyes.

What do you think about when you watch fireworks? Do you think about the loud sounds or the colors? How many of us really think about the guy that lit the fuse? We probably don't! His role does not seem important. But, if he hadn't lit the fuse, we wouldn't have seen all those beautiful colors or heard the sounds. His role is important!

Today, I want to ask you a question. You don't need to answer out loud, but just think about it? Has someone ever lit your fuse? Has someone ever caused you to blow-up? If we get angry and blow up it doesn't help us show the world what it means to be a good Christian. James gives us five steps toward overcoming anger.

Discussion:

1) The first thing that I want you to consider is that we need to be, "*Be swift to hear*" according to **James 1:19**. Like a volcano, people can erupt in a rage. James encourages us to be more of a listener. God gave us two ears and one mouth. So we should listen more than we talk. There is nothing wrong with listening to other people's opinions.

2) Second, in **James 1:19**, he also says to be "*slow to speak*." Sometimes we don't think before we speak. For instance, I had to practice this speech several times to make sure I said it right. Thomas Jefferson once said, "When angry, count to ten before you speak. If you are very angry, count to one hundred." Abraham Lincoln used to write a mean letter and then burn it before writing another. King Solomon encourages us by saying "*Weigh your words carefully*" in **Proverbs 17:28**. This is all very good advice.

3) Third, we should be "*slow to wrath*," as it says in **James 1:19-20**. If we yell at each other what does it accomplish? If we are swift to hear, and slow to speak, this shouldn't be a problem. James says that the "*wrath of man does not produce the righteousness of God*." When people see us, they should see Jesus. If we get angry, and blow up at someone, will they see Jesus? Will they see the fruit of righteousness? Or will they see wrath and the image of our enemy, the devil?

4) Fourth, James tells us in verse 21 is to “*lay aside all filthiness and wickedness.*” When we are distracted by sin we cannot control our anger. We need to be focused. When you drive a car, you shouldn’t talk on your cell phone, eat a cheeseburger, and play with the radio all at the same time. What will happen? Smash! You will wreck your car. And probably injure yourself and others. This is why James gives us this warning. Don’t get distracted or your frustration and anger will cause you to blow up!

5) Finally, **James 1:21** finishes by saying “*receive with meekness the implanted word, which is able to save your souls.*” If you will submit to the Word of God, as the only guide for your life, it can save you in every way. The Word can save your soul from death. We need to keep studying and keep trying to follow Jesus every step of the way. We need to consider his humbleness..his meekness..and his faithfulness to our Heavenly Father.

Conclusion: You may not see yourself as an angry person, but you could blow up if you don’t get control of your anger. Follow these five simple steps: be swift to hear, slow to speak, slow to wrath, lay aside your sin, and receive the Word! And, God will use you to do great things! Whatever you do..don’t blow-up!