

MARKET STREET



"And this is the message we have received of Him, and declare unto you..." (1 John 1:5)

MESSENGER

**Market Street
church of Christ**
514 West Market Street
P.O. Box 388
Athens, Alabama 35612
Phone (256) 232-1525

Volume XII

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No. 24

Controlling My Anger

David A. Cox

"Be angry, and do not sin: do not let the sun go down upon your wrath, nor give place to the devil" (Ephesians 4:26-27).

One morning a lady tooling around town in a brand new Lexus decided to go to the mall to shop. When she arrived at the mall, the parking lot was crowded. She drove around looking for a parking space, and after some minutes, she finally located a spot. She pulled up to back in the space, and as she did a souped-up Chevy whipped into the spot. The young boy driving the Chevy jumped out of the car and started to the entrance. The lady in the Lexus called out to the boy and asked, "What gives you the right to take my spot?" He quipped back, "Because I am young and quick." He turned away and continued to the entrance, then he heard a horrible sound of a car crashing. The young boy looked back, and as she caught his eye and said, "That's because I am old and rich."

Indeed, anger can be very destructive in many ways. Everyone seems to have their limit when we have taken all we are going to take and let our tempers go. Why is that? Perhaps it is because anger can be one of the hardest emotions to control. Psychologists tell us that anger develops in five stages:

1. **Irritation.** Someone or somethings irritates us, upsets us a little.
2. **Indignation.** We leave the being upset a little and now we fume a bit inwardly. We may even tell others about it.
3. **Wrath.** We are now boiling inside. We think about how to get back or to get even.
4. **Fury.** This is the burning point. We are willing to hurt the other person in any way that we can.
5. **Rage.** We lose control. We lash out not considering the results or the effects on us and others.

When we think about this and the news, full of beatings, shootings, and all kinds of violence perpetrated on others, that is simply a result of not controlling their anger.

What about anger is it always wrong? The answer to this is simple,

Schedule of Services

Sunday

Bible Classes..... 9:45 a.m.
Morning Worship..... 10:30 a.m.
Evening Worship..... 5:00 p.m.

Wednesday

Bible Classes..... 7:00 p.m.

Elders

Marty R. Adams..... (256) 503-8843
Tommy Coblenz..... (256) 232-3312
Jerry McGlocklin..... (256) 232-7620
Kenneth Smith..... (256) 777-6737

Deacons

Joel Hamm (256) 278-1977
Danny Holt (256) 206-2746
Larry Mitchell..... (256) 230-0185
Marcus Morris..... (256) 232-8871
Russ Wulfekuhl..... (256) 683-9396

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MARKET STREET MESSENGER

is published in the interest of New Testament Christianity and to enhance the work of the Market Street church.

David A. Cox, Editor

it is not always wrong. Ephesians 4:26 says, “Be angry, and sin not.” Some things that should make us angry. In Mark 3:1-5, we see Jesus entered the synagogue and was approached by a man with a withered hand. The Jewish leaders watched Jesus closely and He asked them, “Is it lawful on the Sabbath to do good or to do evil, to save life or kill? But they kept silent” (Mark 3:4). The text says that Jesus “looked around at them with anger” (Mark 3:5). There is no question that anger is not a sin, Jesus did not sin. Jesus’ anger was at the hardness of their hearts, and their lack of devotion to God’s will. In John 2:13-16, we see Jesus enter the temple and makes a whip of cords driving out the sellers of sheep and oxen and poured out the changers’ money and overturned the tables. We would say that again, Jesus was angry, but it was an anger about sinful attitudes and sin. Sinful activity and sinful attitudes ought to make godly people angry.

We all would have to admit that we get angry and living in this world as godly people there should be plenty of things to make us angry, but we must not let it consume us. What can we do to control our anger?

1. **Accept Ownership of Our Anger.** Consider what the cause of the anger is. It may be that we are wrong and need to correct things that we are unwilling to correct. It may be selfishness in our hearts or by pressures and circumstances in our lives. Take time to look deeper into why we are angry and accept ownership of the things we need to change.
2. **Ask God to Help with Our Anger.** When we find ourselves struggling with irritation, indignation, wrath, fury, or rage. We should talk to God about it. He wants to help us with our troubles (Philippians 4:6-7; 1 Peter 5:7). Let Him!
3. **Focus Our Minds on the Right Things.** When we are angry and going through all the processes of anger, we are prone to not think on things as we should. Paul told the Philippians, “whatever things are true, whatever things are noble, whatever things are just, whatever things pure, whatever things lovely, whatever things are of good report, if there be any virtue and if there is anything praiseworthy meditate on these things” (Philippians 4:8). As we set our minds on things that are just, honest, pure, lovely, etc. we are not likely to lose control of our emotions of anger. But if our minds focus on doubt, pessimism, lies, dishonesty, etc., our focus will not be on the right things, and we will not control our anger.

Finally, remember that Christ died for us that we

can be new and that the old life and the old attitudes of life should be put away from us. Putting away the old attitudes will allow us to admit our mistakes and not to dig ourselves in. We will put away the irritation, indignation, wrath, fury, or rage as it comes, and will not sin in our anger. The new man will be alive, and the Lord will be the control of our life.



The Succession of Life

Brent Lewis

“Instead of thy fathers shall be thy children, whom thou shalt make princes in all the earth” (Psalm 45:16).

All of life is a constant succession. This is true of life on the earth. By contrast, the sun, moon and stars continue mostly the same—but the earth shows incessant change. Each year brings the changing of the seasons. The leaves fade and others come in their place. The Bible clearly reveals the pattern of life. “For the living know that they shall die” (Ecclesiastes 9:5). “It is appointed unto men once to die, and after this cometh judgment (Hebrews 9:27). “Your fathers, where are they? And the prophets, do they live forever?” (Zechariah 1:5).

The fact is that no man lives forever upon this earth. We are all dying from the minute we are born, and if the Lord allows the world to stand long enough we will all be replaced by our children, they by their children, and so on. What lessons can be learned from this?

A great responsibility rests upon every man while he lives. The living stand between the past and the future. They can learn the lessons of the past so as not to repeat its mistakes. They can improve the lot of future generations by what they do now. The Lord said, “We must work the works of him that sent me, while it is day: the night cometh when no man can work” (John 9:4). While we live we must realize that fields which are white unto harvest today may be bare tomorrow. Our time is but for the moment, and we must make the best of it.

Paul says, "And working together with him we entreat also that ye receive not the grace of God in vain (for he saith, At an acceptable time I hearkened unto thee, And in a day of salvation did I succor thee: behold, now is the day of salvation)" (2 Corinthians 6:1-2). The only time one has to save his own soul, or do anything of real importance, is while he is living. Paul counseled the Ephesians: "Look now carefully how ye walk, not as unwise, but as wise; redeeming the time, because the days are evil" (Ephesians 5:15-16). When we understand the psalmist's statement, "Instead of thy fathers shall be thy children," surely we will use our time wisely.

Much has been passed on to us by our fathers. What will we do with it? Our parents have provided for us opportunities which they never had. They bring to us wisdom which we have not yet acquired. They give us gifts which we never earned. More important than all of these, however, many of our fathers and mothers have taught us the truth, have brought us up in the nurture and admonition of the Lord. What have we done with this? Have we profited and drawn near to the Lord to follow and worship Him? Or have we spurned and rejected this great blessing and gone the way of the world? Jesus said, "And to whomsoever much is given shall much be required; and to whom they commit much, of him will they ask the more" (Luke 12:48). We are surely responsible, sometimes markedly so, for what our fathers have passed on to us.

It is possible to make too much of the fathers. Often the fathers are too much revered. They should be respected but at the same time they are only human. Our fathers made their mistakes; we must not make them larger than life. If the fathers pass, it is only that the children may take their place. No one is indispensable. If Moses dies, Joshua takes his place. If Elijah is carried into heaven, his mantle falls upon Elisha. If Stephen is martyred, God has a chosen vessel named Paul to take his place.

The greatest practical lesson I think we should learn from the statement, "Instead of thy fathers shall be thy children," is that each of us must realize and accept our responsibilities. The future will be the outcome of the present. What we are sowing in the hearts of our children and all other students of the word is the harvest that will be. We must at all costs, brethren, do our duty to those who are to come in our place.

~via *Pinole Things*; Pinole, California.

Remember Our Service This Evening at 5:00.

News & Notes...

THE SICK:

Marcella Coblentz	Marion Mitchell
Sherry Davis	JoAnn Gilbert
Bobbie Adcock	Loretta Warner
Doris Lovell	Ann Bush
Tessa Bacci	Para Stewart
John Lovell	Dee Bowman

Those Undergoing Treatments or Chronic Illness:

Donna Wright	Freddie Mae Elmore
Nikki Ogles	Anita Wheeler
Lona Jackson	Janice Cagle
Judy Vaughn	Ella Melvin
Jeanette Weir	Cornelia Pepper
Wayne Wooldridge	Cindy Walker
Kenneth Fisher	Al Pollard
Charles Burns	David Collier
Phillip Harwell	Una King Currier
Matt Poff	Gene Carpenter
Carrie Warner	Lloyd Adams
Joan Carpenter	

In The Hospital/Rehabilitation:

Norman Hamm; Millenium - Huntsville

Athens Health & Rehabilitation:

Mildred Lambert, rm. 15	Elease Barksdale, rm. 22A
Valeria Dalton, rm. 7	Brenda Wilson, rm. 77
Connie Brock, rm. 62	Evelyn Hogan, rm. 36
Christine Hudson, rm. 77	

Limestone Health Facility:

Virginia Meyer, rm. 69	Bettye Harrison, rm. 59
Frances Bowers, rm. 114	Alice Roberson, rm. 49

Shut-In or Away From Home:

Deanie Britton, Limestone Lodge
 Marci Bassett, Limestone Manor
 Gwen Bullock, at granddaughter's in Huntsville
 Mary Ruth Gardner, at Merrill Gardens, Madison
 Irene Inman, at home
 Stan Stanford, at home
 William Thomas, Madison Manor, Madison
 Kathleen Wales, Limestone Manor

Updates:

Marci Bassett fell and broke some ribs a few weeks ago. She continues in Limestone Manor...**Vicki Stringer** is scheduled to have infusion treatments this week... **Tena Wells' granddaughter, Tessa Bacci**, was released from the hospital this past Thursday ...**Lona Jackson's**

sister-in-law, Joan Carpenter, was delayed in her return to the doctor in Vanderbilt ... *Betty Lovell* continues her therapy at home... *Dee Bowman* had to undergo surgery this week due to his hip not healing properly. The surgery went well.

OUT OF TOWN: *Tena Wells* has been in Nashville, Tennessee this past week... *The Stiles: Chuck & Benita* are in Vicksburg, Mississippi with Chuck's work... *Christian Usery* continues his nursing work in California.

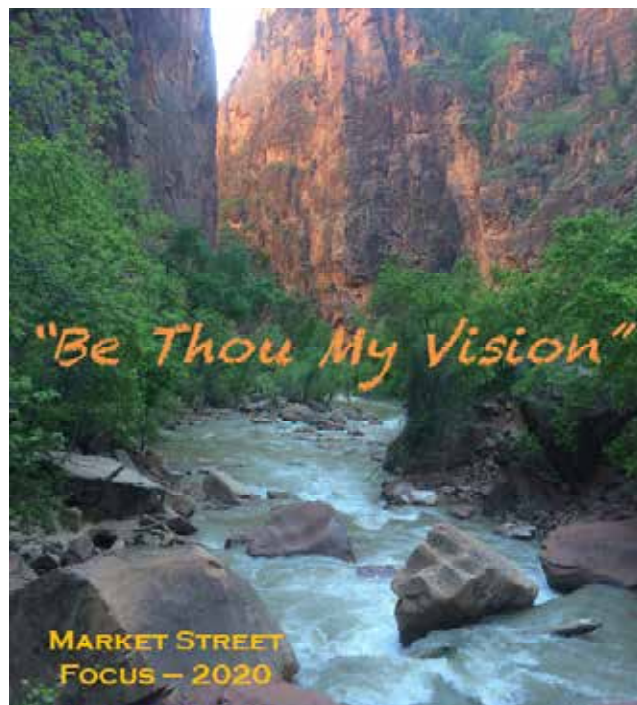
GOSPEL MEETING: The *Elgin Hills church* in Elgin is beginning a parking lot meeting today and it will continue through Friday. The speaker in this meeting will be *Larsen Plyler*.

SYMPATHY: We want to extend our deepest sympathy to the family of *Mattie Murray*. Sister Murray had been in the Athens Rehab & Senior Care for several years and always enjoyed the visits from everyone at Market Street. She passed away on Wednesday. Her body is at the Mason-Royal Funeral Home in Athens. The arrangements are incomplete at this time.

MEN'S BIBLE CLASS: The *Men's Bible Class* is scheduled for Monday, June 22nd at 7:00 p.m. We will do *Excel Still More*, episode 22, "*Let's Save Everyone.*" *Joel Hamm* will be teaching the class.

THE RECORD: *Attendance for week of June 7th:*

Sunday:	Bible Classes	
	Morning Worship	143
	Evening Worship	97
Wednesday:	Bible Classes	89



Men Privileged To Serve:

Sunday, June 14th:

Morning Worship

Announcements.....	Larry Tucker
Song Leader	Albert Haraway
Prayer.....	Larry Holt
Preaching.....	David Cox
Lord's Supper	
Presiding.....	Joel Hamm
Assisting	Steve Usery
Serving	Griffin Holt..... Charles Vaughn
.....	Matthew Vaughn..... Heath Dollar
Closing Prayer	Wayne Vaughn

Evening Worship

Announcements.....	Larry Tucker
Song Leader	Bob Broadus
Prayer.....	Larry Mitchell
Preaching.....	David Cox
Lord's Supper	Joel Hamm
Closing Prayer	Kenneth Adams

Other Assignments for the week of June 14th:

Ushers.....	Keith Hinkle/Steve Bradley
Work Sound System.....	Nathaniel Adams

Wednesday, June 17th:

Song Leader	Hunter Cox
Bible Reading	Dan Reed
.....	Hebrews 12:1-17
Prayer.....	Larry Tucker
Invitation	Joel Hamm
Closing Prayer	Roger Hammonds

Sunday, June 21st:

Morning Worship

Announcements.....	Joel Hamm
Song Leader	Hunter Cox
Prayer.....	Marty Adams
Preaching.....	David Cox
Lord's Supper	
Presiding.....	Harvey Nixon
Assisting	Albert Haraway
Serving	Kenneth Adams..... Mike Ogles
.....	Sam Gregory
Closing Prayer	Tony Thomas
.....	Keenon Carrier

Evening Worship

Announcements.....	Joel Hamm
Song Leader	Larry Holt
Prayer.....	Kenneth Smith
Preaching	David Cox
Lord's Supper	Harvey Nixon
Closing Prayer	Bill Eden

Other Assignments for the week of June 21st:

Ushers.....	Larry Mitchell/Marcus Morris
Work Sound System.....	Landon Adams