

---

## ***“A Deadly Cocktail”***

Everyone loses their cool every now and then. We live in a world where pressures of work, family, relationships, debt, negative environment, not to mention the often and spontaneous blind-sided spiritual attacks. It can become overwhelming to cope with. That is why many turn to various forms of entertainment or activities to escape from these, seemingly, unending situations. To coin the phrase, “if it isn’t one thing it’s another” would be putting it mildly. The average person is bound to “crack” at some point or another. Yet, it is at these times that we must be aware of who we are and what we represent. For many, who are faced with a stressing situation and have lost their cool, this realization is ever more critical. Christians, who struggle with temper issues, can compound the problem by adding an explosive element: their tongue. A hot tempered Christian who lacks self control in this area and struggles with an untamed tongue can be combustible in intense moments of frustration, stress, and pressure. A hot temper and an untamed tongue is a spiritually deadly cocktail.

The Bible speaks often about these two destructive behaviors individually. In Proverbs 14:29, 25:28 and 29:22 we see how being hot tempered and without self-control can lead to many sins, to foolish behavior, and even stir up dissension. The Scriptures also have a lot to say about an unruly, untamed tongue. The tongue is spoken of as untamable, “a restless evil, full of deadly poison” (James 3:8). “The mouth of fools can bring him strife and his undoing (Pr 18:6-7)”. One behavior is bad enough but when combined it can lead you to an unhealthy spiritual place as well as damage your testimony. Jesus calls us to be the “salt of the earth and the light of the world” (Matt. 5:13-16). He is very clear when He questions how effective we can really be when the very behaviors that are supposed to set us apart and be a source of attraction to a dying world are the ones that match us evenly to that lost and dying world. What is so special or appealing about us as followers of Jesus Christ if we exhibit the same attitudes and behaviors that those who do not know Jesus already exhibit? We are called to daily live our lives in a way that wins the respect of others (1 Thes. 4:12) and live such good lives among unbelievers that they glorify God (1 Peter 2:12).

If you have a hot temper and loose tongue, and are aware that you have a tendency to lose your cool, then you have to be cognizant that the enemy will use this against you. Your desire must be that you will be alert and self-controlled at all times (1 Thes. 5:6). This is what God demands of us in all situations. Jesus did say that “in this life there will be trouble” (John 16:33), so this is no surprise. But keeping your cool, maintaining self-control, and taming your tongue will restore you to a better place spiritually and help you claim one more victory for Christ.

***By: Jesus Maymi***

© 2007 Empowered Life Ministries, Inc.

---