

# mercEmail

*"He delights in mercy" (Micah 7:18)*

## **Mood Rings**

by Steve Higginbotham

I'm sure you heard the one about the husband who bought his wife one of those "mood rings?" When she's in a good mood, it turns green, and when she's in a bad mood it leaves a red mark on his forehead.

While we may get a chuckle from this joke, failing to control one's anger is a serious spiritual problem. I've sometimes heard people brag at how they lost their temper and really let someone have it. But such attitudes stand in stark opposition to one who has a Christ-like spirit.

Please don't lose sight of the fact that gentleness, longsuffering, kindness, and self-control are fruits of the Spirit. You say I don't know your spouse, your in-laws, your children, or your boss, and what they put you through? Well, you're right. I don't know to what extent your patience is tried. But I do know that the spiritual disciplines of gentleness, longsuffering, kindness, and self-control, when put into practice, allow Christ to be reflected in your life.

The next time someone threatens to ruin your mood, instead of leaving a red mark on their forehead, allow Jesus to leave his mark on your life.