

character?

Are we willing to take some “Botox for the soul”—to inject ourselves with the kind of loving gentleness, merciful patience, caring interest in others, unselfish kindness, and unity of spirit that can beautify our lives? (Eph. 4:2-3). Are we willing to keep coming back to God for help in getting the spiritual character enhancement we need?

Looking for ways to look good? Search the Bible for character-building verses. Then through prayer and the Spirit’s empowering, inject the godly traits of those verses into your life. The side effects are all good. —Dave Branon

*Think not alone of outward form;  
Its beauty will depart;  
But cultivate the Spirit’s fruits  
That grow within the heart. —D. De Haan*

**Godly character is the best beauty treatment in the world.**



# Central Mountains Baptist Church

## AUGUST 5, 2018

### Botox For The Soul

*Put on the new man which was created according to God, in true righteousness and holiness. —Ephesians 4:24*

Got Botox? A lot of people do. Some take Botox treatments for health matters, but many take them because they want to look young again.

Appearance is so important to some Botox users that they allow

themselves to be injected with botulinum toxin type A so that their wrinkles will disappear for a while. Later, the treatment must be administered again.

Botox is expensive, and it comes with possible negative side effects. But that doesn’t stop people from giving it a try so they can look better.

Of course, looking good is not a bad thing, but a more important consideration is how we look on the inside. How much are we willing to sacrifice to have beautiful



# Insights for Living

## Standfast in Gentleness 1



- #1. Standfast in harmony, v2-3
- #2. Standfast in joy, v4
- #3. Standfast in gentleness, v5**
- #4. Standfast in peace, v6-7
- #5. Standfast in thought, v8
- #6. Standfast in action, v9

There are five aspects of anger for us to understand:

### 1. When anger \_\_\_\_\_, verses 1, 5



**(Genesis 4:3-5)** "And in the process of time it came to pass that Cain brought an offering of the fruit of the ground to the LORD. {4} Abel also brought of the firstborn of his flock and of their fat. And the LORD respected Abel and his offering, {5} but He did not respect Cain and his offering. And Cain was very angry, and his countenance fell."

**(Numbers 20:1-3)** "Then the children of Israel, the whole congregation, came into the Wilderness of Zin in the first month, and the people stayed in Kadesh; and Miriam died there and was buried there."

**{2}** Now there was no water for the congregation;

so they gathered together against Moses and Aaron. {3} And the people contended with Moses ..."

**(Numbers 20:7-8)** "Then the LORD spoke to Moses, saying, {8} "Take the rod; you and your brother Aaron gather the congregation together. Speak to the rock before their eyes, and it will yield its water; thus you shall bring water for them out of the rock, and give drink to the congregation and their animals.""

**(Numbers 20:10-12)** "And Moses and Aaron gathered the assembly together before the rock; and he said to them, "Hear now, you rebels! Must we bring water for you out of this rock?" {11} Then Moses lifted his hand and struck the rock twice with his rod; and water came out abundantly, and the congregation and their animals drank."

**{12}** Then the LORD spoke to Moses and Aaron, "Because you did not believe Me, to hallow Me in the eyes of the children of Israel, therefore you shall not bring this assembly into the land which I have given them.""

**(Proverbs 12:16)** "A fool's wrath is known at once..."

**(Proverbs 27:3)** "A stone is heavy and sand is weighty, But a fool's wrath is heavier than both of them."

**(Proverbs 14:17)** "A quick-tempered man acts foolishly, ..."

**(Proverbs 14:29)** "...he who is impulsive exalts folly."

**(Galatians 5:19-21)** "Now the works of the flesh are evident, which are: .. {20} .. hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions.. {21} envy, murders, .. and the like; ..."

**(James 3:14-16)** "But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth. {15} This wisdom does not descend from above, but is earthly, sensual, demonic."

**{16}** For where envy and self-seeking exist, confusion and every evil thing are there."

**(James 4:1-4)** "Where do wars and fights come from among you? Do they not come from your desires for pleasure that war in your members? {2} You lust and do not have. You murder and covet and cannot obtain. You fight and war. Yet you do not have because you do not ask. {3} You ask and do not receive, because you ask amiss, that you may spend it on your pleasures. {4} Adulterers and adulteresses! Do you not know that friendship with the world is enmity with God? Whoever therefore wants to be a friend of the world makes himself an enemy of God."



### 2. Anger as a \_\_\_\_\_,

**(Genesis 4:7)** ""If you do well, will you not be accepted? And if you do not do well, sin lies at the door. And its desire is for you, but you should rule over it.""

**(Proverbs 15:1)** "... But a harsh word stirs up anger."

**(Proverbs 15:18)** "A wrathful man stirs up strife, ..."

**(Proverbs 19:19)** "A man of great wrath will suffer punishment; ..."

**(Proverbs 29:22)** "An angry man stirs up strife, And a furious man abounds in transgression."

**(Ephesians 4:26)** ""Be angry," do not let the sun go down on your wrath,"

**(Ephesians 4:26)** ""In your anger do not sin" : Do not let the sun go down while you are still angry,"

**(James 1:19-20)** "So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; {20} for the wrath of man does not produce the righteousness of God."

### 3. Anger has bad \_\_\_\_\_,

**(Matthew 5:21-22)** ""You have heard that it was said to those of old, 'You shall not murder, and whoever murders will be in danger of the judgment.'

**{22}** "But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgment."

And whoever says to his brother, 'Raca!' shall be in danger of the council. But whoever says, 'You fool!' shall be in danger of hell fire."

**(Galatians 5:19-21)** "Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, {20} idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, {21} envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God."