

Mood Rings

By Steve Higginbotham

I'm sure all of you probably know what a "Mood Ring" is. My sister had one when I was growing up. The stone in a "Mood Ring" changes colors depending upon the warmth of your body temperature. Thus, the color of the stone is said to indicate the "mood" of the one who is wearing it. I'm sure you have 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 have sometimes heard people brag of how they lost their temper and really "let someone have it." Their explosion of temper is worn as a badge of honor, and they will share the sordid details with anyone who will listen. However, such an attitude stands in stark opposition to the attitude of one who has a Christ-like spirit.

The apostle Paul warned us to "Be angry, and do not sin: do not let the sun go down on your wrath" (Ephesians 4:26). There is a place for anger. In fact, something is wrong with us if we cannot be stirred to anger over things we witness in life. But we must be careful that we don't allow anger to control our lives and define who we are. I don't want to be known as the "guy who was always mad about something." The key is balance.

Friends, while there is a time and a place for anger, 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.