

**SATURDAY, SEPTEMBER 17**

**James 1:19-25**

**Emotional Superpower**

**THOUGHT FOR TODAY: . . . let everyone be quick to listen, slow to speak, slow to anger.**

**. . . James 1:19b**

As a superhero fan, I enjoy imagining what it would be like to possess extraordinary powers. Wouldn't it be great to turn invisible at will or move things with your mind? But the more I read comic books and watch superhero movies, the more I notice how a character's special strength can also be his or her greatest weakness. Isn't it the same for us with regard to our emotions?

Emotions may be an asset or a detriment to our faith. They aren't inherently bad, but they can lead us to sin if we mishandle them. In today's Scripture reading, we note that James didn't tell his readers never to become angry, but rather, to be slow to anger. In other words, anger is a power that requires careful management.

Just like our spiritual gifts, our emotions are meant to help us relate with and serve God and others. When we feel strong emotions such as anger rising within us, we have a choice: glorify God or use them in a destructive manner.

**PRAYER: Divine Teacher, instruct us in ways to manage our emotions in a godly way.  
Amen.**

**Megan L. Anderson – Kokomo, Indiana**