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SAFETY VALVE

If you have ever used a pressure cooker, you know that they come with a pressure valve on top. The purpose is to let off some of the steam, so it doesn't explode. There are certain things that you should never put in them because they aren't made to cook them. One is spaghetti. A friend made some spaghetti once and the pressure cooker literally blew up all over her kitchen. She had planned to redecorate, and now it was the time. Smiles. These safety valves work if we follow the instructions.

Now to human safety valves. Unfortunately, mankind was not made with a safety valve to let off steam. Many people "blow their tops" over trivial things.

I have, and it sure has made a mess of things. The only thing that works for a human to not "blow up" is to submit their flesh to the Spirit of God. James offers a solution, which we have spoken of before, which is to be slow to speak, quick to hear, and slow to wrath.

When the "heat is on" in a pressure cooker, or in our lives, we must choose to turn the heat down so that there isn't any explosion. For a pressure cooker it means to lower the heat on the stove, but in our lives, it means to surrender the heat to God. We have to choose to go with His Spirit rather than let our flesh explode.

Often anger controls people and destroys their lives and their relationships with others. Perhaps we must think of ourselves being on the stove when something "heats us up," and be determined not to "boil over." Holy Spirit will nudge us when we need to do this if we follow His lead my friends. He is truly our safety valve. By submitting to Him we live a spirit-controlled life instead of a flesh-controlled life. Easy? No, but it is attainable by daily crucifying our flesh.

If you struggle with anger, ask God to help you with it. Be determined to not let it control you. Change often doesn't happen overnight, but it can come if we want to change. The key is the want to. We must desire to be more like the Lord and less like the devil. I pray that you make the right choice and live a peaceful life.