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*Love One Another*  
*Angry words! O let them never*  
*From my tongue unbridled slip;*  
*May the heart's best impulse ever*  
*Check them ere they soil the lip.*

*Love is much too pure and holy,*  
*Friendship is too sacred far,*  
*For a moment's reckless folly*  
*Thus to desolate and mar.*

*Let our words be sweetly spoken*  
*Let kind tho'ts be greatly stirred;*  
*Show our love to one another*  
*With abundance of kind words.*

**Refrain:**

*"Love one another," thus saith the Savior;*  
*Children, obey the Father's blest command;*  
*"Love one another," thus saith the Savior,*  
*'tis the blest command.*

**WORDS:** *Sunday School Teacher (w. 1867)*  
*Stanza 3 written by Betty Bender (w. 1992)*  
**MUSIC:** *H. R. Palamer (w. 1867)*  
*Arr. Will w. Slater (w. 1944)*

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*Do you not know that when you present yourselves*  
*to someone as slaves for obedience, you are slaves of*  
*the one whom you obey, either of sin resulting in*  
*death, or of obedience resulting in righteousness?*  
**Romans 6:16**

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## How Can I Do This Evil?

Joseph is one of my favorite Bible characters, and his story has motivated and inspired me over the years. Like all of us, he had his flaws, yet he exemplified great faith and trust in God no matter where he was or what circumstances he experienced.

Joseph was obviously Jacob's favorite son, and his older brothers deeply resented him. Consequently, he was often at odds with them. When opportunity presented itself, his brothers sold him as a slave to a caravan of Ishmaelites. On arrival in Egypt, he was purchased by Potiphar, one of Pharaoh's officers. Joseph worked in Potiphar's house and proved to be a good worker—so much so, that Potiphar eventually put him in charge of his whole household.

Joseph exercised tremendous self-control when Potiphar's wife made advances toward him. He refused her and said, *"How can I do this great evil and sin against God?"* He fled from her so quickly that his cloak was left behind. She used it to have him thrown in prison.

His story is one of hardships followed by great power and authority. Eventually, it led to his being reunited with his family. His story is found in Genesis 37-50.

Webster defines self-control as, "...the ability to control oneself, in particular one's emotions and desires or the expression of them in one's behavior, especially in difficult circumstances." Nelson's Illustrated Bible Dictionary defines self-control as, "control of one's actions or emotions by the will."

The keys to self-control are to think before we act, to have a strong desire to obey God, and to believe that the Holy Spirit will help us. "Since God is already working

powerfully in you, you must do your very best with your efforts.” (Jeff Jenkins at RRFE).

Discipline is part of life for everyone, from toddlers to the aged. Hebrews 12:11, *“<sup>11</sup>For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.”* Self-control is part of the fruit of the Spirit (Galatians 5:23). We want to be more like Christ and must work to be self-controlled.

Self-control sometimes results from going through trials and difficulties. Anger can cause all kinds of problems in life. James addressed it when he wrote, *“Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.”* James 1:19-20.

The writer of Proverbs said in Proverbs 25:28, *“A man without self-control is like a city broken into and left without walls.”* Paul wrote, *“Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.”* Paul wrote, *“...God gave us a spirit not of fear but of power and love and self-control,”* 2 Timothy 1:7. Self-control is listed as a qualification for elders in 1 Timothy 3:2.

Years after Joseph’s brothers sold him into slavery, Israel was devastated by a severe famine, and Jacob’s sons’ families were starving. Joseph’s brothers were forced to make several trips to Egypt for food for their families. Eventually, Joseph revealed himself to them. They were very repentant when they realized who he was and how their plot had culminated in his being able to save their families from starvation. Joseph’s response was, *“...you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today.”*

When we are tempted to do or say something wrong, Joseph’s long-ago question is a good question to ask ourselves, “How can I do this evil and sin against God?” May we all have the attitude of Joseph.

Evelyn Waite, Rolla, Missouri



### **Calm or Chaos**

One lovely spring morning several years ago, I decided it was time to wash all the windows in the house. That meant doing the windows and storm windows inside and out as well as the storm doors. A friend told me that if I applied RainX on the outside surface of the storm windows, water would sheet

off, and they would not water spot for a very long time. I decided that was worth a try. It was an extra step and took a good bit of effort to polish down the RainX to a streak-free shine. I spent the entire day making sure all the glass sparkled. By bedtime I was exhausted, but I felt it was worth it.

The next day I had errands to run, but when I returned, I was stunned to see my husband power washing the house. Dirty water, grit and grime flushed down over my beautiful windows.

“Jim,” I shouted, “I just washed those windows!”

He beamed. “I know. I thought it would be great to have everything clean at the same time.”

I paused only a moment before I muttered, “The timing could have been better.” I clamped my mouth shut and hurried inside.

I wanted to scream. I wanted to tell him what an inconsiderate, idiotic idea that was. How could he do such a thing? It took several minutes before my anger and frustration calmed even a little bit. I did manage to remember Proverbs 21:9. “It is better to live on a corner of a roof than in a house shared with a contentious woman.” After several more minutes I calmed enough to think a bit more rationally and realize my husband’s intent was good. He had not purposely sabotaged my day’s work. After a few more minutes of deep breathing, I formed a plan.

I went outside and hooked up another hose and decided to test out that RainX idea. I sprayed clear water on a window and was quite pleased to see the grime rinse off and the water run down in sheets. I allowed the window to dry on its own and it worked. There truly were no water spots or grime remaining. The window looked as good as it had the evening before. At the end of the day the house and all the windows gleamed.

That incident does resurface now and then in our conversations, but it is a running joke about the need to communicate better rather than an ongoing festering point of anger and contention. I could have made it a really ugly situation, because I did originally feel quite justified in lashing out. Taking time to calm down gave me time to see my

husband's point of view and his motivation. That changed everything.

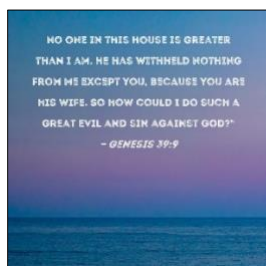
As a side note, we weathered three rather harsh winters before the windows started spotting after the rains again.

Wilburta Arrowood, Napoleonville, Louisiana

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*It's all about  
finding calm  
in the chaos!*

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### STAY ALERT!

Self-control is hard for us. We have become a world of selfishness. That is evident by the number of “selfies” taken daily. It’s evident by the lawlessness that has gripped the world. We are saying, “Look at me. Aren’t I beautiful? Aren’t I rich? Pay attention to me.”

We are so focused on the outward self that we forget to look inward and ask the greater questions. What kind of person am I? Am I kind, generous, and in control of myself? Am I inwardly what God wants me to be? Am I slow to anger, slow of speech? Do I think before I speak? James 1:19 says, “My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man’s anger does not bring about the righteous life that God desires.”

1 Peter 4:7 says, “The end of all things is near (at hand), therefore, be self-controlled and sober minded for the sake of your prayers.” What does this verse mean? No matter how many years we live or how many millennia the earth will stand, the end of all things is near. Because of this, we are to be self-controlled; otherwise, our prayers will not be heard. If my life is overwhelmed by anger, sinfulness, and worldly pursuits, my prayers (if I pray at all) will not be heard.

What are we if we do not pray? If I lose my relationship with the Lord, what will my life be like? The Bible is God speaking to me. My prayers are me talking to God. He

doesn’t want a one-sided conversation; if it’s only one-sided, I can lose control of myself. My life can be given over to anger – uncontrolled anger, rage, and violence. Look at our world today. How much uncontrolled anger do we see that leads to violence? It makes us heartbroken, sometimes physically sick, to see such violence directed even toward innocent children. It is directed at Christians and anyone else who gets in the way of their selfishness. It’s been a “ME” world for quite a while now, and if “ME” doesn’t get what it wants, it results in horrendous “temper tantrums” leading to murder and many other crimes against people.

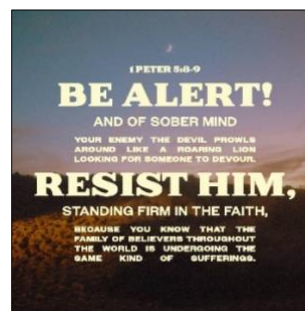
We know who holds tomorrow, but that doesn’t keep us from being hurt over the way our world/our country has gone in the last 50-100 years. Is it getting worse? I don’t know. The world and our country have always had wars and violence and greedy ambitions that lead to all kinds of sin. I love history, especially the history of this country. This country has gone through some very dark times, and yet, God has always brought us through.

Is Satan alive and working? Yes! 1 Peter 5:8 says, “Be self-controlled and ALERT. Your enemy (our enemy), the devil prowls around like a roaring lion looking for someone to devour.” It could well be me if I don’t stay alert.

Stay alert, Christians! God is still in control, and we must let Him be in control of our lives.

Mary Anna Melton, Rolla, Missouri

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*Sunrise*  
The Newsletter For Women By Christian Women

*Sunrise* is a monthly newsletter written and/or assembled by members of the Rolla Church of Christ. Sunrise is printed and distributed (primarily via email) to individuals and congregations around the country. All previous issues can be accessed by going to <http://www.seekgrowserveLove.org>. Click on the Resources tab, then on Sunrise Newsletter. You will find the current issue plus all previous issues.

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