

was allowing her hair to be in control of her life.

This woman's story could lead us to wonder about our own hearts' desires and what we're submitting to. Do we at times want something so badly that we submit to doing anything to get it? Are we submitting to admiration? Possessions? Self? Food? Money? Pleasure?

In his epistle to the Romans, Paul said, "to whom you present yourselves slaves to obey, you are that one's slaves" (6:16). When our desires "war" within us, when we lose it (James 4:1), we are to submit ourselves to God as "slaves of God" (Rom. 6:22).

Humbling ourselves before the Lord (James 4:10) and asking Him to show us our heart will help us to recognise our own submission problems.

*Lord, help us to submit to You,
To follow and obey;
And give us strength to fight the urge
To do things our own way. —Sper*

**True freedom is not in choosing our own way,
but in submitting to God's way.**



Central Mountains Baptist Church

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A Submission Problem

*Humble yourselves in the sight of the Lord, and He will lift you up. —
James 4:10*

During a talk-show interview, a celebrity confessed that she spent thousands of dollars and hundreds of hours each year on her hair and its styling. She recognised that it had become an addiction and admitted that her problem was "submission to the hair."

The word *submission* means "an act of yielding to the authority or control of another." Because of her desire to look and feel beautiful, this celebrity



Insights for Living

Standfast in Gentleness 4



- #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

(Philippians 4:5) "Let your gentleness be known to all men. The Lord is at hand."

We can make multiple Biblical suggestions for having victory over anger:

1. **Owning my behaviour and repenting of it,**
2. **The replacement principle,**
3. **Tracking thoughts,**
(2 Corinthians 10:5) ".. bringing every thought into captivity to the obedience of Christ,"
4. **Trusting the Lord,**
(Jeremiah 29:11) "For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope."
5. **Self _____,** Galatians 5:16-17, 19-23
(Proverbs 14:29) "He who is slow to wrath has great understanding, But he who is impulsive exalts folly."



(Proverbs 15:1) "A soft answer turns away wrath, But a harsh word stirs up anger."
(Proverbs 15:18) "A wrathful man stirs up strife, But he who is slow to anger allays contention."
(Proverbs 17:27) "He who has knowledge spares his words, And a man of understanding is of a calm spirit."
(Proverbs 19:11) "The discretion of a man makes him slow to anger, And his glory is to overlook a transgression."
(Proverbs 16:32) "He who is slow to anger is better than the mighty, And he who rules his spirit than he who takes a city."

6. **Seek _____,** James 3:13-17, 4:1-10

(James 3:13) "Who is wise and understanding among you? Let him show it by his good life, by deeds done in the humility that comes from wisdom." [paraphrase]
(James 4:5) What do you think the Scriptures mean when they say that the Holy Spirit, whom God has

placed within us, jealously longs for us to be faithful? [paraphrase]
(Jeremiah 17:9) ""The heart is deceitful above all things, And desperately wicked; Who can know it?"



7. _____,
(Ephesians 4:31-32) "Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.
{32} And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you."
(Matthew 18:21-34) "Then Peter came to Him and said, "Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?" {22} Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven. {23} "Therefore the kingdom of heaven is like a certain king who wanted to settle accounts with his servants. {24} "And when he had begun to settle accounts, one was brought to him who owed him ten thousand talents. {25} "But as he was not able to pay, his master commanded that he be sold, with his wife and children and all that he had, and that payment be made. {26} "The servant therefore fell down before him, saying, 'Master, have patience with me, and I will pay you all.' {27} "Then the master of that servant was moved with compassion, released him, and forgave him the debt. {28} "But that servant went out and found one of his fellow servants who owed him a hundred denarii; and he laid hands on him and took him by the throat, saying, 'Pay me what you owe!' {29} "So his fellow servant fell down at his feet and begged him, saying, 'Have patience with me, and I will pay you all.' {30} "And he would not, but went and threw him into prison till he should pay the debt. {31} "So when his fellow servants saw what had been done, they were very grieved, and came and told their master all that had been done. {32} "Then his master, after he had called him, said to him, 'You wicked servant! I forgave you all that debt because you begged me. {33} 'Should you not also have had compassion on your fellow servant, just as I had pity on you?' {34} "And his master was angry, and delivered him to the torturers until he should pay all that was due to him."
(Romans 12:19) "Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord."

