

Title

Sermon Title: **When Your Last Nerve Is About To Go**

Sermon Number: **4005**

Speaker: **Nathaniel Hawthorne Bronner, Jr.**

Links to audio sermon – *Windows Media Version is best, MP3 is 2nd best:*

Windows Media Version <http://www.theonlineword.com/s/4005.wma>

MP3 Version <http://www.theonlineword.com/mp3/4005.mp3>

TheOnLineWord.com

and

AirJesus.com

TheOnLineWord.com

AirJesus.com

Welcome to Brothers of the Word, because, Brother, you need the Word.

And today I'm going to be doing message number five out of the seven-message series on the 40-Day Miracle Program, located at 40day.com on the internet. This is a program that is designed to cleanse and transform your spirit. Just as physical fasts clean out and transform the physical body, this program will clean out and transform your spiritual body. The 40-Day Program begins with a pledge each day. The part of the pledge that this message will deal with is the following. It says, "I pledge that I will not get angry, curse or complain. I will not raise my voice in anger. Nothing small nor great shall make me angry or react in anger." And that's one part of the pledge out of seven, and I'm going to be dealing with that part this day. How many of you know you're going to need some help with that part for 40 days?

Well, that's why God sent me here today with the message for you, to give you some help with not getting angry for 40 days. And the title of this particular message out of the series is, "When Your Last Nerve Is About to Go" ... "When Your Last Nerve Is About to Go." All through the Bible, no matter how spiritual the people were, at some point people got them to the point. No matter how much they prayed, no matter how much they quoted the Word, at some point in everybody in the Bible's life, people got them to the point where their last nerve was raw and about to go.

And if you walk through, even starting off in the beginning of the first family, Cain killed his brother Abel out of anger. It went on. Moses, he hits a rock when God only told him to talk to the rock, and it kept him out of the Promised Land. As he led the Israelites all the way through the wilderness, he couldn't get in the Promised Land, because the people got on his last nerve.

In 2 Kings, Chapter 2, Elijah, the great prophet, had a double-mantle from his mentor, Elijah. All of this power, all the signs and wonders and miracles and prophecies all through the Old Testament, one day he was walking down the path, and some kids called him "bald-head". And that's nothing but that name-calling that kids will do. He put a curse on those kids, and 2 she-bears came out of the woods and tore those 42 children to bits, because all of those children got on his last nerve and he just couldn't take it any more.

Open the book of Acts over in the New Testament, Chapter 15. The man who wrote two-thirds of the entire New Testament, Paul, he had an argument with his good running buddy, the guy he traveled with and his close friends that he discussed these things with, Barnabas. They had an argument about whether or not to take the man, Mark, with them on a trip. You know, I searched the Scriptures, and from that part on they split ways, it says, and I never all through Scripture say where they traveled together any more after that little spat about Brother Mark. Even the

Apostles, ministers of the Gospel, they got on each other's last nerve about Brother Mark.

In Ephesians, Chapter 5, starting at Verse 30 says, "And grieve not the Holy Spirit of God, whereby ye are sealed unto the day of redemption. Let all the bitterness and wrath and anger and clamor and evil speaking be put away from you with all the malice, and be ye kind one to another; tender-hearted, forgiving one another, even as God, for Christ's sake, hath forgiven you. Be ye therefore followers of God as dear children and walk in love as Christ also hath loved us and hath given Himself for us, an offering and a sacrifice to God for a sweet-smelling savor."

And Jesus's whole message was about loving your enemy. "When someone strikes you on one cheek," He said, "present to them the other side. He said to love your enemies. Bless them that curse you. Do good to them that hate you, and pray for them which spitefully use you and persecute you.

What would have happened, do you think, if Jesus, on that cross hanging, thought about all of the men who were spitting in His face, all of the men who put these nails in His hands and put the nails in His feet and put all of these raw lashes on His back? What do you think would have happened to our Gospel and the history of our religion and faith if Jesus at that point would have gotten angry and said, "Why have you done all this to Me?" And if He would have called down fire and brimstone from Heaven unto those people, what do you think would have happened if Jesus would have gotten angry on the cross?

And you never really forgive someone if you're angry with them, if you think about it. You know, you can't really hold a grudge and have hate in your heart and be angry and truly forgive somebody; but if you don't forgive your brother, the Bible says that God can't forgive you. God doesn't even want your money if you're angry. He said leave it at the altar and go back and get it right with your brother first. Now, if someone in the church only wants your money, now, that's serious. You know, they might not put up with some things, but usually they will take your money. So that's pretty serious when He tells you to go back first and get right with your brother.

We live in a society today where people, they get curious over just the smallest little thing. I tell you, sometimes when I stop at a red light and the person is reading or on the phone and not paying attention and I'm just about to blow the horn after awhile, my wife says, "No, no, don't blow that horn. People will shoot you for that kind of stuff." And I just have to sit there and wait on them whenever I'm in the car with my wife, because she's afraid that they might pull out a pistol and shoot us.

And even at our last company meeting, sitting around the boardroom table there, one of the main issues out of the meeting was the employees. They were trying to

come up with a codeword that the person sitting at the front could announce over the PA system, just in case somebody came in with a little anger on them or had lost their mind. What they came up with, they said, "We need two words. We need one word if somebody is just a little irate, and they can be handled; and I'll say this codeword, and that means you strong men come and help me." "Then," they said, "we need another codeword for something like postal, where somebody that's really lost it comes in strapped. If you hear this word 'postal,' that means to just hit the door running as fast as you can. Don't even come check to see what it is. Just hit the door running. Just leave your belongings on your desk. Don't worry about your computer. Just run for the woods." That was one of the main issues of the board meeting was a word for Security, worrying about people getting angry.

We get angry so easily. People losing jobs at the post office, they come back and shoot everybody in the post office, mail and all. They just shoot the bins, the machine -- everything -- they don't care. There are even kids shooting people for stepping on their shoes.

Someone was telling me recently about when they were riding on the bus system, and a young guy said to an older guy that he wanted that seat. The older guy pulled a knife and just about stabbed the guy to death, just bleeding all over the bus; over a bus seat ... just mad.

People are getting mad at their own children and beating them to the point where they have to go to the hospital and have them admitted out of anger. People are getting mad at their spouses and battering them. The women now are even battering their husbands at the same rate as the husbands are battering the women, the statistics say; I tell you, just mad in both directions, just all of them beating each other. People go to work mad at their bosses, and they leave work mad at their coworkers; just mad, mad, mad everywhere.

If somebody cuts in front of us in traffic, we get mad. If somebody takes too long at the cash register, we get mad. If somebody gets our order wrong at a drive-through, when we look in the bag, we get mad. If somebody drives and they're going the speed limit as posted by law and we're running late, we get mad at them for going just the limit. If somebody, even at church, sits in our seat that we normally get, we get mad even in the church.

And even the words we use to describe our anger have the result and the revelations just built into the words, if you analyze it and listen carefully to the things that we say casually. First of all, let me just read the Webster's Dictionary definition of "mad", because sometimes the world has a deeper revelation of stuff than even the church. So let me just read what the world defines "mad" as out of Webster. "Mad" means "disordered in mind; insane," which is just a clinical word for "just simply plain crazy." The second definition in Webster's is, "completely

unrestrained by reason and judgment; incapable of being explained or accounted for". Third is, "carried away by intense anger; furious"; fourth, "carried away by enthusiasm or desire"; five, "affected with rabies". So it says when angry, you are acting like a crazy man and like a dog with rabies.

And God even showed me the revelation while I was in the bathroom. He showed me the word "mad", m-a-d; and when you spell it backwards, it forms the curse word that is most common that people say when they get mad. M-a-d backwards, d-a-m is built into the very word, the thing that people say immediately when they get mad. I won't say it, because you can spell. I will just leave it at that.

Sometimes we say we're "mad as H-e-l-l." This is what we say, now. We say, "You're getting on my last nerve." We say, "That person makes me sick." We say, "You're about to drive me crazy." We say, "You're going to make me lose my mind." And I've heard of people that even make us Christians, saved and sanctified, sometimes when they get on your nerves, it's bad enough they will lay down the Bible and say, "You're about to make me leave my Living down" and start pulling up their sleeves.

I tell you, madness, what it will do to us. You know, anger is contagious. When you approach somebody mad and angry with a mad attitude, it makes them come back at you mad. It's a natural defense to rebut them with anger when somebody comes at you angry.

I was in a seminar recently that Dick Gregory was holding, and he gave this analogy in his seminar. There was a woman there that was of another race than he was, and he used her as an example. He said, "Just suppose I hated you and was angry at you, just because of your race." He said, "Imagine if I came to this seminar today, planning to get you." And he said, "Imagine if I'd been carrying feces in my pocket for three days with a plan to come here and throw it on you." He actually didn't use "feces"; he called it "boo-boo". He said, "Imagine, now, if I'm carrying this feces in my pocket three days, and I get here and see you and my anger is aroused, and I take it out of my pocket and throw it on you." He said, "As graphic as that is, how long would you let that feces stay on you?" And she said, "I would immediately go up to the bathroom and wash that off." So he said, "So in a few minutes, you'll be rid of that feces. But," he said, "for three days prior, I have been carrying around this feces in my pocket. I've been smelling it going and coming; smelling it at work, sitting there; bringing it home with me. My whole family had to smell it. I've had to smell it while I'm asleep. I've been smelling this feces for three days; you only had it for a few minutes." And he said, "This is how anger does on the inside of us. We carry it around with us, walking with anger, madness aimed at another person for one reason or another, thinking that we're doing something by hurting them -- not speaking to them, giving them a mean look -- when it's feces on the inside of us giving us a stench, carrying it throughout our household with a mad and sour attitude, thinking that we're hurting the other person when it is simply dung that

we are carrying around with us. And it even pollutes our own bodies and causes illness.”

Let me read an article from the Better Health channel. It says, “Anger triggers the body’s fight-or-flight response. The adrenal glands flood the blood with stress hormones, such as adrenalin and cortisol. The brain shunts blood away from the gut and towards the muscles in preparation for physical exertion. Heart rate, blood pressure and respiration increase. The body temperature rises, and the skin perspires. The constant flood of stress chemicals and associated metabolic changes that accompany recurrent, unmanaged anger can eventually cause harm to many different systems of the body. Some of the short- and long-term health problems that have been linked to unmanaged anger include headache; digestive problems, such as abdominal pain and ulcers; insomnia; increased anxiety; depression; high blood pressure; skin problems, such as eczema; heart attack; stroke; nervous breakdown ...” And here’s the kicker that I had never heard or read before that was proven in several studies. It was kind of ridiculous, and I had to go and research this. It was on WebMD and a lot of sites and the medical journals. What they have found in these studies, that that hormone, cortisol, that is released in the body by anger, causes an increase in appetite and increased fat accumulation around the stomach area. And they said its fat is not even just general fat, but it somehow even targets the fat around the abdominal area, which is the most dangerous area according to the doctors for fat to be.

So maybe the next time somebody ticks you off or gets on your nerves, you need to just stop and say to yourself, “I’m not going to get mad, because you’re going to make my gut grow.” And you need to just think about it, say, “Well, I’ve got to maintain my gut. I don’t have enough calories to spare on you today.” You need to think about these things next time somebody gets on your nerves.

And they said that the occurrence of high blood pressure has increased to an all-high rate in the U.S. They said that now, one out of three adult Americans has high blood pressure, one out of three, over 65 million Americans.

Anger is one of the few sins that will actually manifest a physical change. You can tell when some people get mad, because I’ve seen some of them; they get so mad that the veins start bulging in their neck or under their eye or in their temple. That’s when you really know they are steaming; you can actually see it. And over time, anger will even turn your very hair on your head gray, and it will wrinkle your face. You frown long enough, and those wrinkles from frowning will form on your face.

I’ve seen some people that look like they are just mad about somebody, but it’s just the way their face is made. That’s from being mad for so many years. You ask them, “What’s wrong?” And they say, “What are you talking about, ‘What’s wrong?’” They

like, "What's wrong with you?" And it's deformed some people's eyebrows I've seen. They just look mad; they're happy as they can be, but they look mad from being mad so many years and so many times. It will wrinkle your face. So you need to think about these things next time somebody makes you mad.

And as I wrap up, I want to give you ten quick keys to anger management. Key number one: In the midst of anger, take ten deep breaths, concentrating on the breath. Anger, when you look at it, causes your breathing to speed up. You go to huffing and puffing and breathing. On the flipside, when you relax and sleep, you look at a sleeping person's breath, it induces slow breath when they are relaxed. And if you mimic how your breath is when you are relaxed, then your body will fall in line and begin to relax.

Key number two: If you get heated in a conversation, take a walk outside. There's something about nature that is just soothing to the mind and to the spirit. No matter what it is, whether it's trees or whether it's water or whether it's a lake or just out in the grass, walking on the dew with your bare feet, just get out and get some exercise out in nature. And it does a second thing by giving you some exercise, and the exercise relieves tension and helps relax the body.

The third key is, pray for the person. And I'm not talking about getting down on your knees and saying, "Lord, you know that they did me wrong. Strike them, Lord! Strike them!" Some of us will pray that kind of prayer: "Lord, you smite my brothers! I want You to just cover their hands with arthritis, or give them some chest pain, Lord!" Not that kind of prayer, but a prayer of forgiveness and pray that God help them with their personalities. Pray for the person. It's hard to be mad when you sincerely and lovingly pray for them.

Number four of the keys to manage anger is ,discuss the matter another day when the anger cools. You know, you can hardly say anything right when you're angry. When you get so hot, the words just come out wrong, I tell you. Even if you don't mean any harm, when you're mad, they can hear it in your voice and it just comes out wrong. So, just wait, because you'll just end up saying some things; and when you think back later, you say, "Whew, I wish I wouldn't have said that." I've heard about they've even got some famous actresses, and people can't understand how the men break up with them. The men say that if they're just in an argument, they will just say anything; there's just no limits. And that's how a lot of people are.

Moving on, five, don't bring work anger home. Leave it at the office. Some of the people, they bring it home, walk in the door and go over it with their spouse. "You know, this happened to me today. Can you believe this person told" -- and they go through the whole argument, and it just heats them up all over again. And if not, then they're sullen, and they take it out on the spouse. So, the anger is displaced. Leave that anger at work.

Six is, rest. When your body and nerves are tired, you're easy to get upset. My daddy said, "The only thing right you can do when you're tired is rest."

Number seven is, learn to meditate on God's peace. Most days when we get out of the bed, we get out running instead of starting the day with prayer and meditation. It soothes the spirit.

Number eight is, don't hang around people who are hot-tempered. Proverbs 22 says, "Do not make friends with a hot-tempered man."

Number nine, never let the sun go down on your wrath. My father said, "In a marriage, always forgive the person before you go to bed. Never sleep on that anger."

And number ten is, make a conscious decision not to get angry, and monitor yourself. My father was a very high-strung individual, and I found myself with that same kind of lion on the inside of me. My father was the type of person, we've never seen such a tense person since. Just being around him would make you tired. He never was able to keep a secretary more than a few years. And so I found myself a lot of times when the lion would stir up on the inside of me, just like my daddy. I had to begin to monitor myself and catch myself. Whenever I found my voice rising and my temperature rising, I'd have to temper myself and calm down. Over time, this began to change my very nature. So monitor yourself, and control yourself.

Take these ten steps and soothe the savage beast within. You'll find that it will change your life and the life of those around you.

Don't forget to go to 40day.com, and you'll listen to the seven messages there. This is one of them: "I pledge that I will not get angry, curse or complain. I will not raise my voice in anger. Nothing small nor great shall make me angry or react in anger."

On the 40-Day Miracle Program, the full instructions and affirmation that you are to say each day are there at 40day.com. It will change your spirit and affect your whole world. We want the world to change around us a lot of times, but we don't want to change. If you will change on the inside, you will find the things around you and the people around you will begin to change. Go to 40day.com, and see the experience of God doing miracles in your life.

Thank you for watching Brothers of the Word, because, Brother, you need the Word.