

“Don’t befriend angry people or associate with hot-tempered people, or you will learn to be like them and endanger your soul.” Proverbs 22:24-25 NLT

[lectio] // PROVERBS 22:17-29

listen to the text by reading out loud slowly and repeat up to 3x if desired

One of Solomon’s 30 wise sayings. Don’t get too close to angry people. Hot tempered friends are like snuggling up to a grenade! Their triggers are endless, you never know what will set them off. The fallout of their outbursts are not selective, even the innocent are injured by their blast. They are often repeat offenders cycling back and forth between rage and remorse. One thing I have learned, I cannot fix them. You will end up on their casualty list sooner or later. Solomon writes truth. Befriending and associating with them pulls you into their vortex of pain and terror. This friendship makes you nothing more than being an expert codependent. Take his advice, keep a distance and care from afar.

[oratio]

pray as responding to the words, phrase, sentence that God has stirred within you

Dad,
I have lived under the shadowed terror of angry people. I have years of fears and post traumatic stress from the chaotic episodes in their orbit. I have worked for their approval, and tried to figure out their pain, but it proved to be futile and I payed the price of their fury. Heal us, Oh God, of our brokenness, our pain and our anger.

[contemplatio]

rest in the presence of God, allowing the words revealed to take root