

### **1 Corinthians 13:1-3**

... if I have all faith so that I can move mountains but do not have **love**, I am nothing. And if I give away all my possessions, and if I give over my body in order to boast but do not have **love**, I gain nothing.

### **Beth's Birthday:**

- ✓ *I remembered*
- ✓ *Over-Easter Weekend: ++*
- ✓ *Nice Restaurant*
- ✓ *Reservation (I made it!)*
- ✓ *Surprised her late in day: ++*
- ✓ *Helped w/boys*

### **1 Corinthians 13:4-5**

Love is patient (*long-suffering*), love is kind. Love does not envy, is not boastful, is not arrogant, is not rude, is not self-seeking, is not irritable, and does not keep a record of wrongs.

**Love cultivates a certain TONE (atmosphere; culture; vibe).**

**If the tone *ain't* right, love *ain't* either.**

### **Proverbs 15:17**

Better a small serving of vegetables **with love** than a fattened calf with hatred.

### **Ephesians 6:1-4**

**Children**, obey your parents in the Lord, for this is right. "Honor your father and mother" ...

**Fathers**, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

### **Colossians 3:18-24**

**Wives**, submit yourselves to your husbands, as is fitting in the Lord.

**Husbands**, love your wives and do not be harsh with them.

**Take responsibility for the **TONE** in my home, church, work, etc.**

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**The Opposite: moodiness; irritability**

**People close to us experience our moods ... moods >> actions & intentions.**

**1) Before we accept our mood, we need to question it.**

**The lie we often tell ourselves: I am the exception so I have an excuse.**

### **1 Corinthians 13:6**

Love finds no joy in unrighteousness but rejoices in the truth.

**We love to find an excuse OUTSIDE ourselves to overlook or excuse the real problem going on INSIDE ourselves.**

**Proverbs 15:16**

Fools show their annoyance at once ...

**The mood I'm in often correlates to the master I'm serving.**

***Impatient:* I should not have to put up with him/her or this/that**

***Boastful ... arrogant:* Me, myself, and I**

***Envy:* I should have that ...**

**2 Usual Suspects:**

**Self and unbelief in God's sovereignty & goodness**

**2) After we question our mood, we probably need to own it.**

**James 4:1-3**

What is causing the quarrels and fights among you? Don't they come from the evil desires at war within you? You want what you don't have, so you scheme and kill to get it. You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them. Yet you don't have what you want because you don't ask God for it. And even when you ask, you don't get it because your motives are all wrong—you want only what will give you pleasure.

**Q: You know what the problem is?**

**A: I am not getting what I want.**

**Q: You know what the problem is?**

**A: I believe I know better than God.**

**3) Change our concentration (frustration is a result of fixation) ... and be ready for the disruption, distraction, or deception.**

**John 14:1**

"Don't let your heart be troubled. Believe in God; believe also in Me.

**Psalms 42:5**

Why, my soul, are you so dejected? Why are you in such turmoil?

Put your hope in God, for I will still praise Him, my Savior and my God.

**Lamentations 3:20-24**

I continually remember them and have become depressed. Yet I call this to mind, and therefore I have hope: Because of the Lord's faithful love we do not perish, for His mercies never end. They are new every morning; great is Your faithfulness! I say, "The Lord is my portion, therefore I will put my hope in Him."