

I. WHAT SHAKES YOU UP? I Corinthians 13:5 Love is not easily provoked What provokes you? Spouse? Kids? Work? Things? Shake up a Soda & Fruit Juice

A. What's inside? Romans 12:17-18 Recompense to no man evil for evil. Provide things honest in the sight of all men. If it be possible, as much as lieth in you, live peaceably with all men.

1. Works of the flesh Galatians 5:19-21

Lasiviousness = “feels good - do it” **variance** = “discord, strife, contention, or intense, selfish disagreement” **Emulations** = “divisive, sinful, and envious attitude” **Seditions** = “cause rebellion against lawful authority or unity”

a) Explode! James 1:19-20 Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: For the wrath of man worketh not the righteousness of God. Makes a mess - Diane's Root Beer story Wrath = “rise up like a volcano, ready to explode” Some people are hard to be around because you are waiting for the next explosion (or other emotional response)

b) Dissolve Acts 15:39 And the contention was so sharp between them, that they departed asunder one from the other: and so

Barnabas took Mark, and sailed unto Cyprus. Contention & sharp from same word as wrath - related to the idea of an acid
Ever seen video of coke dissolving a nail? I did hear of a Sunday School teacher showing a worm dying in alcohol.

2. Fruit of the Spirit Galatians 5:22-25 9 fruits - 1 Flavor. Unique blend in your life

a) “Real Fruit Beverage” “Not less than 10% fruit juice” Philippians 1:10-11 Sincere = “pure”

b) Can't have the Fruit of the Spirit without the Spirit! “Contains no real fruit juice” I John 5:12-13

(1) Don't accept an imitation religion

Titus 3:5 Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost.

(2) Real faith with real fruit Colossians 1:4-6

c) Shake it up - Just gets better! James 1:2-6

3. Don't shake it up Galatians 5:26 Let us not be desirous of vain glory, provoking one another, envying one another. Matthew 5:21-23 Ye have heard that it was said by them of old time, Thou

shalt not kill; and whosoever shall kill shall be in danger of the judgment: But I say unto you, That whosoever is angry with his brother **without a cause** shall be in danger of the judgment: and whosoever shall say to his brother, Raca, shall be in danger of the council: but whosoever shall say, Thou fool, shall be in danger of hell fire. “**Really - that’s what you are mad about?**” We get provoked so easily today. Most often our problems with others are “chip on the shoulder”, attitude, looking for something wrong. **GET OVER IT!!!!**

II. WHAT SETTLES YOU DOWN **R-O-L-A-I-D-S -**

L-O-V-E Proverbs 1:28 Then shall they call upon me, but I will not answer; they shall seek me early, but they shall not find me. How do you settle the soda:

- Tap on the top
- Open it slowly
- Love this one - Open it upside down

What about when you need to settle down?

- Count to 10, 100, 1000
- Bite your tongue
- Take a walk... cold shower

May help, but really doesn't work.

A. The Word Psalm 119:165 Great peace have they which love thy law: and nothing shall offend them.

- B. Prayer Matthew 5:43-44 Ye have heard that it hath been said, Thou shalt love thy neighbour, and hate thine enemy. But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you. **Talk about them to God, not other people.**
- C. Fellowship **Hard to be mad at people you spend time with and know.** Psalm 122:1,9 I was glad when they said unto me, Let us go into the house of the LORD... Because of the house of the LORD our God I will seek thy good. Psalm 55:12-14, Hebrews 10:23-25 Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;) And let us consider one another to provoke unto love and to good works: Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.
- D. Kindness Luke 6:35 But love ye your enemies, and do good, and lend, hoping for nothing again; and your reward shall be great, and ye shall be the children of the Highest: for he is kind unto the unthankful and to the evil. **Hard to be mad at someone trying to be nice to them.**
- E. Time **Benefit of count to 10 or go for walk or take cold shower.** Ecclesiastes 7:9 Be not hasty in thy spirit to be angry: for anger resteth in the bosom of

fools. Proverbs 16:32 He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city. Proverbs 19:11 The **discretion** of a man deferreth his anger; and it is his glory to pass over a transgression. **Get over it and get on with your life!** Not to much time - Matthew 5:23-24 Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift. **Not fair to let it build up inside you.**

F. Be angry - sin not Ephesians 4:26-27 Be ye angry, and sin not: let not the sun go down upon your wrath: Neither give place to the devil. **Jesus cleansed the temple ~~John 2:13-16~~ Turn your anger inward to cleanse your temple.** I Corinthians 3:16-17 Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are. **Did my anger help make the situation better or did it make it worse?** Matthew 18:15 Moreover if thy brother shall trespass against thee, go and tell him his fault between thee and him alone: if he shall hear thee, thou hast **gained thy brother.**

G. What happens when you drink a lot of soda?
BELCH! **What comes out of you?** Matthew 15:16

And Jesus said, Are ye also yet without understanding? Do not ye yet understand, that whatsoever entereth in at the mouth goeth into the belly, and is cast out into the draught? But those things which proceed out of the mouth come forth from the heart; and they defile the man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies: These are the things which defile a man: but to eat with unwashen hands defileth not a man.

III. WHAT STIRS YOU UP? Acts 17:16 Now while Paul waited for them at Athens, his spirit was **stirred** in him, when he saw the city wholly given to idolatry. **Nobody likes a soda that has gone flat. Don't let that happen to your spirit! You ought to be stirred up about reaching Honolulu for Easter.**

A. Fervent in Spirit Romans 12:11 Not slothful in business; fervent in spirit; serving the Lord.

1. Fervent charity I Peter 4:8 And above all things have fervent charity among yourselves: for charity shall cover the multitude of sins. **Need to get fervent about your relationships.**
2. Fervent prayers James 5:16 Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.
3. Fervent repentance II Corinthians 7:10-11

B. Watered down Revelation 3:15-16 I know thy works, that thou art neither cold nor hot: I would thou wert cold or hot. So then because thou art lukewarm, and neither cold nor hot, I will spue thee out of my mouth.
More melted ice than soda.

C. Bottomless cup Ephesians 5:18 And be not drunk with wine, wherein is excess; but be filled with the Spirit.

1. Half-empty or half-full? **We see ourselves as half-full. God sees us as half-empty.** I

Corinthians 6:19-20 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

2. Ask God to fill your cup Psalm 23:5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over