

Hour of Power vom 28.05.2017

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GOOD MORNING/INVOCATION – Bobby and Hannah Schuller

BS: This is the day the Lord has made. We will rejoice and be glad in it. Good morning.

HS: Yes, and welcome to Shepherd's Grove. We love you guys. Thank you for being here this morning. Grandpa Schuller used to say that God's delays are not God's denials. When I pray, I don't even want my prayer to be answered at the end, I want it to be answered as I utter my very first word. However, even when it doesn't happen instantly, I've noticed that sometimes not even weeks or years, but in time, I've seen an astronomical amount of my prayers come back fully answered. God's delays are not God's denials.

Would you turn around and shake the hand of the person next to you and say God loves you and so do I.

BS: It's good to see you, we're so glad you're here. Today's a particularly special day because our director, David Warshaw who's hiding in the back has turned 30 today, ladies and gentlemen. That is a big deal. Happy birthday David! David, can you come out here and just wave and say hi to everybody? There he is, yes! Happy birthday!

HS: Happy birthday!

BS: We have such a great production team and we're so thankful for everybody in the back, all the cameramen, all the audio people, everybody that makes the TV thing happen. We're just so grateful for you guys. And thanks to the whole team. We love you.

Today's going to be a great day. You picked a terrific day to come to church. Good things are always ahead for those who are doing life with Jesus. That's something we believe, so we're going to have a positive life-giving joyful week. Amen?

All right, let's do it. Lord, we come in Jesus' name and we ask, Father, that you'd bring us joy and rest. Help us today to relax and to just inherit everything you have for us. Lord, we want to learn your word, we want to learn your ways, and we thank you that you've given us eternal life, in Jesus' name, amen.

HS: Amen.

SCRIPTURE – Ephesians 4, 25-31 – Hannah Schuller

You may be seated. In preparation for Bobby's message this morning, the words of our Lord found in Ephesians:

Therefore each of you must put off falsehood and speak truthfully to your neighbor for we are all members of one body. In your anger, do not sin. Do not let the sun go down while you are still angry. And do not give the devil a foothold. Anyone who has been stealing must steal no longer but must work doing something useful with their own hands, that they may have something to share with those in need. Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs that it may benefit those who listen. And do not grieve the Holy Spirit of God with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander along with every form of malice.

We, church family, are speaking honest words that build others up; words of life. Amen.

INTERVIEW WITH APRIL OSTEEN-SIMONS (AS) – Bobby Schuller

BS: April Simons is our guest today and she's a force of encouragement. She's renowned for her ability to lift up and inspire through her writing, her speaking and her living, and she's a member of our beloved Osteen family. She carries on a legacy of never being the same in Jesus' name. Right? Isn't that a great line? So would you please welcome with me April Simons.

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AS: Thank you. So good to be here. Thank you.

BS: So April, it's such a joy to have you and I knew you were in town this weekend to preach..

AS: Yes.

BS: And I just said we've got to get April down here just because everywhere you go you bring that Osteen sense of joy and positivity everywhere you go.

AS: Thank you so much. It's a joy to be here with your lovely wife Hannah, just a great crowd. Thank you so much.

BS: So a lot of people know your brother Joel Osteen; I mean he's probably one of the biggest preachers in the world today, but your dad was a giant in his own right. I went to Oral Robert's University and you did, too, right?

AOS: I did, too, yes.

BS: Whole woman, all right! Cool. And John Osteen was just a legend. I think I had some of his tapes back in the day when there was such a thing. And your parents John and Dottie Osteen really, I mean all of the kids in the family just love the Lord in large part because of them.

AOS: Oh my dad was my biggest hero; my mom, as well, and he just was so great. He just loved people. He was just the real deal. Far from perfect but he just taught us that legacy of love and the legacy of giving hope to others because we're all going to need hope one day.

BS: Yes, that's right, and that's exactly what Lakewood church continues to do for so many people around the world through your parents and Joel and yourself.

But really one of the people I want to talk to you today was your mom Dottie. She is an amazing person. And you wrote a book about her called, What My Mother Taught Me.

AOS: Right.

BS: And let's just talk a little bit about your mom.

AOS: Okay, well my mom is feisty. She's five foot two, barely a hundred pounds. I call her the original Polly Pocket. She's just a fire ball and she just is something else. I know I was talking to you and Hannah before and she just believes in the power of prayer, she believes in the power of miracles, and you know she is a miracle.

In 1981, she was given a few weeks to live. She was always very healthy and she had a pain in her side and went to the doctor to get it checked out and it ended up being cancer, metastatic cancer of the liver. The doctors gave her a few weeks to live. And one thing I love about my mom is I saw her embrace this attitude 'I'm going to fight this thing through. I'm going to fight with everything in me. I'm going to bring God his word back to him. You know he said he does miracles and I'm going to believe for a miracle.' And she was a little fireball. And you know what the doctors gave her a few weeks to live and it was a fight, it was a big battle, it wasn't overnight but it's been thirty-five years. She just turned eighty-three years old. She's totally cancer free.

BS: And you know I think she would be the first to say we don't always get what we want, but there is this sense that I really learned from your mom that you've got to fight for it.

AS: You do, you do.

BS: I mean Jesus teaches us.. what is that parable he says.. where he talks about the unjust judge and the woman who just keeps coming to the judge for justice. And if that was how an evil judge would be, how much will your father who loves you will listen to your prayer?

AOS: Definitely. I'll never forget the day after she came home from the hospital. She weighed eighty-two pounds and she was yellow with jaundice. And the next morning momma was the type that every morning got up and made me breakfast and I need to get better at that, but anyway the next morning I woke up to the smell of breakfast and I thought dear God in heaven, my dad has made breakfast, which would have been a big miracle. And so I came into the kitchen and there was my full spread of breakfast and then there was my sack lunch and I went around the corner and I saw my little frail mom. And all I can tell you is she looked like death. Her back was to me, she was washing dishes, and I said 'momma, what are you doing awake? You need to be in bed. You're sick. Momma go back to bed. I got this.' And I'll never forget her little frail body; she turned around and all of a sudden it got real strong, her voice got strong and she said, 'April, I'm not going to lie in bed like a sick person. I'm going to act like a healed person.'

BS: Wow.

AOS: And you know what, I just thought at that moment momma became my hero. That moment she taught me to be a warrior, to be a prayer warrior. You know what Bobby that you don't just love God in the good times of life, but you love him in the bad times of life.

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You don't worship him for the problems that are sent on you, you worship him that he can deliver you from the problems that you're facing.

BS: Yes, amen to that. You should preach your sermon today because this is very, very good. I remember one of the first times I met your mom, she pulled me out in front of a bunch of pastors to pray for me. She said this man has a battle to fight. We need to help him and pray. I was just this little.. nobody ever heard of me. I was hiding in a corner and I remember later Hannah and I went out to Lakewood for a pastor's conference, and she prayed for our son, who has health problems, and I swear she was like Israel wrestling with God. She was saying Lord you've got to heal this boy. You have to heal him. They've got to do your ministry. And just the fire and the passion that came from her. It wasn't that Lord God in heaven on high.

AOS: No, she's a fighter.

BS: Yes, yes.

AOS: She believes in praying loud, too. It'll scare you sometimes, but she's just that way and I always say if I want anybody praying for me, it's my mom, but you know why? Because she got a miracle and she knows her miracle is now her ministry. So she didn't just put it by the wayside but she prays for everybody, every living thing that she can because she believes if God did it for her, he'll do it for anybody.

BS: Do you know what I love about your whole family? You're this way and I mean Joel's this way, your parents are this way, just the way that you guys are fighters; you fight for what is good, and yet at the same time I don't think I've ever heard any of you... I think it was Phil Munsey described Lakewood as a culture of honor. That you guys always go out of your way to assume the best of others. I've never heard any Osteen say a negative thing about any person in my life. What's behind that?

AOS: Well I think we're like your wife, Hannah, just believe the best in others because one day we're all going to need mercy. One day we're all going to wish someone had given us the benefit of the doubt. And I remember years ago, well I wasn't alive but my dad went through a real hard time in his ministry. And he quit the ministry. And you know people weren't real kind to him for that. But he needed someone to show him hope. He needed someone to give him another chance. And you know what he got that other chance, thank God for that, but it's because he experienced it, he knew how to give it, and that's what he gave to us.

BS: That is awesome. Well check out her book *What My Mother Taught Me*. It's a great account of the things you've learned. And I can't wait to hear what your kids write when they say what my mother taught me.

AOS: Oh that's scary.

BS: Someday a long, long time away from now.

AOS: Yes, right. Thank you so much.

BS: Thank you, April. God bless you so much.

AOS: Okay, God bless you.

BS: Thank you.

INTERVIEW WITH DON NEUEN (DN) – Bobby Schuller

Well Don and I wanted to talk to everybody today. It was 20 years ago, over 20 years ago I think you met with my grandfather and he literally, this is what my grandpa always wanted. Not the best, but the very best. The best of the best. And that's when he went to Don Neuen. Don Neuen was considered, I think is still considered the greatest. The greatest alive and that's what he wanted. So Don with all of his accolades and he's teaching at UCLA and being a Handel scholar and the many other things that he's done, has been so faithful to this church every week, being so obedient, even with all the places that want him to come and do this and that. When this church was really going through a rough time and the bankruptcy and the transition to leadership and they decided to bring traditional music back, Don instantly said yes, I'll do it. I would do anything for this church, and has just been so incredibly faithful.

I know many if not most of the choir members who are in the choir are here in large part because they want the distinguished honor of singing under Don Neuen's leadership. And I think all of us could go on and on in the ways that on a rough day, when we came to church, this choir inspired us.

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On a great day when we were overjoyed at some good news, this choir gave us words to sing what we were feeling, and every week has been so faithful to lift the hearts of not only the people in this church but millions around the world. And I get that constantly. Everywhere, everywhere I go, it's always the choir. And we are just so grateful for you.

And one of the reasons I'm saying all of this is not only because it's true, but Don and Sue will be retiring this Easter and moving to Wisconsin. And we want you to know that we have a great plan in place. Don is going to be probably the most important voice in helping us pick our next conductor, although we're going to have a whole committee involved. But we are really just going to miss you so much, Don. You've been such a gift to this church and you're irreplaceable. And we just want to say thank you. We love you.

DN: Thank you. I should say something, right. I need to say an enormous thank you to Bob and Arvella Schuller. I owe such a debt of gratitude for Bob and Arvella for bringing me on board. And then it could have ended, but Bobby continued that rock solid support of great music, and without it, we couldn't have done what we've been doing.

And so Bobby, we thank you. And so as far as retiring is concerned my mom lived to be 102 and I think she was afraid I might do that, too. And so about the last thing she told me was 'Don, be sure you retire before they ask you to retire.' And so we're going to get out while we still can but the choir's going to perform Messiah for you on Good Friday evening. Messiah is in three parts: Christmas part, Easter, and then the eternal salvation part. So we're going to do the Easter, and the final part, with Orchestra and soloists on Good Friday evening. So set it aside, and we'll have a good time together on that.

And Bobby, thank you.

BS: Love you, Don.

DN: Love you, too.

BS: Thank you so much.

DN: Love you, too.

DECLARATION – Bobby Schuller

Now this is something we do every Sunday, we say the word of God over our lives. Would you hold your hands out like this as a sign of receiving? We'll say this together: I'm not what I do. I'm not what I have. I'm not what people say about me. I am the beloved of God. It's who I am. No one can take it from me. I don't have to worry, I don't have to hurry, I can trust my friend Jesus and share his love with the world.

Thanks, you can be seated.

MESSAGE/PRAYER "Of Course You're Angry, But Let it Go" – Bobby Schuller

There's a famous story in the bible and it's a weird story; a story of Moses who's probably the most important character in the Old Testament. Moses is the one who pens the Torah, the first five books of the bible. He's the great prophet of the Jewish people. And Moses leads the Hebrew people out of Egypt and to the Promised Land as God asks him. Performs many miracles, and there's this time when they're in the middle of the wilderness and everybody's super grumpy. It's really hot outside. Everybody's thirsty. And God says all right, all right, all right, hit that rock over there and water will come out and then everybody can have something to drink. So Moses uses his staff and he hits the rock, water gushes out and everybody gets a fresh drink of water. It's a terrific story.

Later on in the scripture, this happens a second time. Everybody's winey and fussy; Moses is getting super angry because everybody is so grumpy. And God tells Moses again speak to the rock this time and water will come out. Again, the first time he said hit the rock, this time he says speak to the rock. But Moses instead of speaking to the rock hits the rock, and nothing happens. So he strikes it again. It's like God gives him a second chance not to do it and he does it a second time. And still water comes gushing out. But God is upset with Moses. And the punishment, because Moses hit the rock instead of speaking to the rock, is that Moses may not inherit the Promised Land. He's not allowed to enter and go with the people across the Jordan. That seems a bit rough, doesn't it? Isn't that kind of a hard punishment? That because he hit the rock instead of speaking to the rock was not allowed to enter the Promised Land, I don't know, it seems a bit rough, but anyway. And there's a reason for that.

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The Jewish people have talked and written a lot about this story. And one of the things that tradition says is the reason God wanted Moses to speak to the rock is in that ancient era of violence, of war, of might is right, God was creating an educated people who knew that ideas were more powerful than swords; that words could do more than staves. So God was creating and teaching a people of words, not of swords. And though the Hebrew people would be people of both, they would be word people first. And as you read through the scripture, you read over and over all the way, I mean it's a lot in Proverbs, but it's all through the entire scripture the importance of guiding your words, of making sure your words are good.

And so let me just begin today by saying you are a person who speaks words of life and I'm so proud of you because it's not always easy to be positive in the things you say. It's not always easy to be affirming. It's not always easy to be forgiving. And you're the type of person that recognizes the power of your words and you speak good words over people, and that is such a good thing.

Last week I ended my sermon with this idea and I'm going to repeat it again. I think it's so important. I call it the conduit theory. The bible says "I will bless those who bless you, and I will curse those who curse you." And I always think well that's for me, right? And it is. But then I realized later that promise is for anyone who's in covenant with God. And then I started to think what if it's not just limited to all those millions of people who are in covenant with God. What if any time I bless someone, God will bless me. And what if any time I curse someone, I'll be cursed. And I think I've learned that my interpretation of the scripture, and I think this is what Jesus was teaching, is that all of us, in a way, become.. it's hard to not say this in a weird way, but we become like gateways to the spiritual world where through your body you're like a conduit of either heaven or hell. That good or bad things are coming through you into this world to change it for the better or for the worse and one of the main ways that happens is through your words.

So that when you speak ill of others: gossip, curse, lash out, you are getting that cursing of others, you're getting a little bit on yourself, I think. And that's why really negative mean spirited people who have really nasty language, who say the worst things about others, who are always speaking out fear and doubt, like those people seem to have the worst luck. And as their luck gets worse, their language gets worse. It's like you can't bless someone without getting a little blessing on yourself and you can't curse someone without getting a little bit on yourself, too. This is so important. I want to tell you this because I want you to be blessed. That as you bless others, you're going to get some of that on yourself. You can't paint a house without getting a little paint on yourself. When you bless people, when you speak good over people, when you change your words to positive words, when you become a possibility speaker you invite blessing on your life. You begin to do things that open up heaven to pour out so much blessing on your life there's not enough room to contain it.

We forget, sometimes, that words are like seeds that as we talk, we are just like spreading seeds everywhere. There's this parable Jesus tells that some seed falls on the rock and some seed falls among thorns and some falls on the road and some seed falls on good soil. And as we throw that seed out, much of that seed will take root in the lives of others, and that's why your words are so powerful.

Okay. Now today's sermon, I'm actually talking about anger. And the reason I'm beginning with words is because anger is not a sin - angry words are. Feeling angry is not bad - saying nasty stuff is. And in fact almost every part where the bible talks in terms of anger as a sin, it has to do with what you say. What you say. Anger is not something to feel guilty about. If you're a good person, you're an angry person because when you see things that aren't right, it stirs up anger in your soul. Anger is what happens when a personal boundary is crossed. So a personal limit is exceeded, rather. So that could be a boundary, an unmet desire, it could be evil, it could be just something in your body - you're not feeling well, you're sick. Watch out for Bobby Schuller when he has skipped his lunch. Ladies and gentlemen, he's an angry boy. So all of us have things that make us angry, and that's okay. Christians oftentimes feel guilty about feeling angry, but that's often because Christians oftentimes have a low self-esteem. You see if you have self-respect, you also will have anger from time to time, and that's okay, but what we do with the anger is what's really important.

Try and think about the time you were super angry about something and try and think about you felt and how you responded. This actually just happened to me. Last Thursday, as I was preparing this sermon on anger, I got more angry than I've been in months. I was looking for inspiration and I found it. So I went walking at Back Bay, which is near my home in Costa Mesa, and if you're not from around here, if you're on TV, there's this beautiful bay behind the harbor and it comes up and it goes down and it's a bit like a marsh. It's gorgeous.

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And Newport Beach did this thing where they did a path going around, it's about ten miles, and very often I'll walk a part or all of this path just to pray and to think.

And I'm walking, right, and I'm writing my sermon on anger. And then as I'm walking, try and picture a pedestrian road. There aren't any cars that go on this road. It's a big road that goes just for the park. It's got to be 20 feet across. It's humungous. And I'm walking on the very left part, on the part that's designated as walking path. That's about three feet. And then there's a part that's bike path. That's about 17 feet. Okay?

So I'm walking on the walking path, and there's a woman walking towards me, having a great day, just getting out, probably taking a break from the kids, and she's got her headphones on so she can't hear anything. And she, as we're walking towards each others, walks slightly out of the walking path into the bike path, which again is humungous, right? And this jerk a guy in a bike, little road bike, is coming down and he's like "out of the bike lane! Hey! Out of the bike lane!" She can't hear him because she's got headphones on. He starts screaming profanities like you wouldn't believe, and there's like an extra 16 feet over here, it's like not a big deal at all, he's just angry that she's not in the walking path. And nobody cares, by the way. I'm there all the time. This is the only guy in the universe that cares, right?

So he's riding. She has no idea this is going on. So he zips by her and turns and says some nasty foul language. I shout back at him – "hey just relax!" That's the best I can come up with, you know. That's pastoral. "Just relax!" We're all trying to have a good time out here. She doesn't know what's going on. She pulls her headphones on, the guy on the bike is long gone, and she looks at me and she says "you know, I'm just out here trying to have a walk and I was just being a nice person trying to walk around you." She thought I cussed her out. So she thinks I cussed her out! So this gets even worse! So this guy cusses her out, I'm angry at the guy because he's treated her so poorly, and she thinks I did it. It was such a mess. So I'm talking to her, and I still don't know if she got it, and now I'm fuming, right?

So she leaves and now I'm like my serene beautiful 69 degree weather, sunny day has turned to like fantasizing. And what I mean by that is what I can do to this guy, like what if I could get a time machine and go back. I'm picturing myself like muscling him off of his bike and like shoving him to this girl to apologize. I'm thinking of all the really good come backs I'm going to say. And as about 20 minutes goes on, this scenario is getting better and better as it's going on. By the end, I'm like literally Batman. I have like turned into Batman and like I'm going to be the ultimate anti hero vengeance. And I can feel it in my body and everything. I've completely forgotten I'm writing a sermon on anger. So thank you, Lord.

And then I see some friends, some old friends from the north who just by chance – a one in a million chance they're in a golf cart that I would see them. And we're talking, and I told them about this, and as quickly as it came, it evaporated because I told my friends about the silly thing that happened. But just speaking it, getting it off my chest and telling somebody who loves me and understands instantly evaporated my anger.

So many of us, we feel anger. Was it wrong for me to feel angry at that guy? Absolutely not. He was way out of line. What could I do about it? Nothing. He's long gone. I could try and run but that would look kind of funny, wouldn't it. Come back here! Hardly the way to win an argument.

Anger is this thing in our body, and it is in your body. And when you get angry, it's like pain. Anger's not bad, it's like pain, like any other pain in your body. There's an illness, I forget what's it's called, where you lose all sensation in your body. And that illness is terrible. Usually people lose their limbs and things because as they touch something that would hurt them, they don't notice, so they're stabbed or burned and they don't even notice so the wound gets much worse than it would have if they weren't numb. I think many times when we think about anger, we don't think about it in those terms that if we didn't have anger, people would walk all over us, we'd lose self-respect, we would turn into monsters. So anger alerts us that a boundary has been crossed and that something needs fixing. And actually anger, in a way, is a temporary opportunity for a permanent gift.

And very often, we all get angry about different things. We get angry at some of the same things, but the things you get most angry about are likely unique to you. And actually if you examine them and look at them closely, you're probably going to discover something about yourself in your own heart. Why do I always get angry when this happens? And it's an opportunity not only to learn something about yourself, but when you feel angry with someone you love, and let's be honest ninety percent of the time we're angry at someone we love, it's an opportunity to draw closer to that person.

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We think if I feel angry with this person, I need to not say anything. I need to just let it go because that will push them even further away. But the irony is that if you do the hard work, when you feel angry of reconciling people, at the end, you'll feel closer to that person than you were before and you'll understand each other better. So anger is like pain and let's be honest, anger is a bit like drunkenness, isn't it. How many times do you look back after you were enraged about something and you're like 'I said what? I did what?' There have been many times when I was angry and said something in my anger that embarrassed me later.

So let's learn as a people how to handle our anger, to not be ashamed about it and to not bury it, but also not to lash out and be enraged and hurt the people that love us and the people we love.

Paul gives a great explanation to this in Ephesians. The often quoted and this first verse is usually taken out, and I'm going to start there. It's Ephesians 4 verse 25, and he says "therefore each of you must put off falsehood and" everybody say it together, "speak. Speak truthfully to your neighbor." So I just want to start there. The command is to speak and to speak truthfully, okay? And very often we say let it go. And what that means is don't speak, don't say anything. And there are sometimes where it's better to just let it go, but a lot of the time it's better to speak and to speak truthfully when you feel angry. And he says of course a famous line, "in your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold." What is he saying there? If you're angry, speak. Talk to somebody about what you feel angry about. Don't neglect yourself. Have self-respect.

And then go to verse 29, "Do not let any unwholesome talk come out of your mouths, but only what is helpful for binding others up according to their needs that it may benefit those who listen. And do not grieve the Holy Spirit of God with whom you are sealed for the day of redemption. Get rid of all bitterness, rage, anger, brawling and slander along with every form of malice. Be kind and compassionate to one another, forgiving each other just as in Christ God forgave you."

So this is so important because this bible verse shows us that anger itself is not a sin, but it becomes a sin if the sun goes down. And I think this is such a good rule. I've tried to live by this. Don't go to bed angry. If you have to stay up till five in the morning, fine, but you're not going to be able to sleep well anyway if you're angry. You ever tried to sleep angry? It doesn't go well. All you do is fanaticize. Again, you turn into Batman, right? Like all the cool things I'm going to do to this bad person. No, don't go to bed angry, but reconcile with that person and if you can't find the person, talk to a friend about what you feel angry about. It is so important that we learn that the command is to speak. And very often, we don't speak because we're afraid we're going to push people away, or, we speak and we mess up and we hurt people. There is a good in-between.

If we don't speak when we feel angry, if we don't tell a friend or tell the person that we're angry with, we become passive aggressive in our behavior. Passive aggressive is what happens when you feel angry with someone and you do things because you want them to read your mind. If you want people to read your mind, you're being passive aggressive. Don't do that. It looks like this – you want your son to do the dishes. He never does his dishes, so you wash all the dishes except his, set them aside and put a little post-it note on it that says 'Bobby's dishes.' That's not a real story, by the way. I'm just saying something like that, you know? You put the dishes on.. hints. You leave little hints that you're angry, because you want him to figure it out. Don't do that. Just talk to him. Don't be passive aggressive. It's not good. It only makes them more angry because they don't understand that you are trying to get them to read your mind, they just feel like you're being mean by putting notes on their pillow. And you're like oh I just thought, you know, you might want to wash your dishes, but whatever, it's okay, you don't have to. If you're expecting people to read your mind, you're being passive aggressive.

And the other thing is that as you don't get that issue dealt with, well anger piles. And it does. So you get angry about something, and then you don't deal with it and then more anger, and then more anger and more anger and it just piles and piles. If you feel angry all the time, it's because you're probably not dealing with anger well and you're allowing it to pile by not talking about it or dealing with it in healthy ways. If you get angry at inanimate objects, then this is probably you. If a can is in the way and you're just.. stupid can. The can didn't do anything, you put it there, or whatever. If you find yourself angry at inanimate objects, you probably need to do some work. So the best thing to do when you feel angry is to talk about it. Talk about the person you're angry with, or if you can't find that person, talk to a friend who's going to hear you out.

So, many of us, we don't really know how to have that talk. It's a scary thing. Or every time we have those talks they just don't go well, so we try and avoid them.

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And I want to tell you, I really pride myself on being good at this. I have a feeling I'm like a great hostage negotiator. When something really terrible goes on, they send in Bobby to do the hard work. And I think the reason is that because the first thing is when I talk to somebody who's really angry, I really want to know why they're angry, so I always approach every conversation with a listening posture rather than a speaking posture. And I usually find that if I just understand why the person is angry and truly get it, they feel much better. Most people are angry because they're not being heard, and they're not being respected.

So if you're an angry person, and you need to have that talk with your spouse, with your boyfriend or girlfriend, with your kids, your parents, your colleagues at work or even an enemy, there is a great way to do it. I'm going to call it Bobby's Breath. I wrote down six things that you should do to have a tough talk with somebody and I promise if you do these six things, your talk is going to go really well. So the first thing is, I was like man, is there a way to make this an acronym? It made the acronym "breath" so I thought okay, this is what you do. You're going to have a tough talk with someone first you take a deep breath. Let's do it together. When you take a deep breath, you're reminding yourself I'm still alive. I'm breathing. It's going to be okay. So the first thing you should do when you're having this talk is brevity. Don't go on and on. I think words are like treasure. The words are like money. It's like the more there is, the less value they have. And a lot of you, you go on and on and you get word inflation. If you'd just said it shortly, it would have been powerful, but because you go on forever everybody gets lost. I learned this in speaking. I used to give 40 minute to one hour sermons because people told me they liked it. They were lying. I found out very quickly they're just being nice. It was their passive aggressive way of telling me to keep it shorter, but I just didn't hear it. I now keep it between 26 and 28 minutes every time. Everybody say thank you, Pastor Bobby. You're welcome. So if you're having a tough talk, brevity. Keep it short. If they need more, they'll ask you. So keep it short. Short sounds intelligent anyway.

So brevity. B is for brevity. R is for, and this is probably the most important one, respect. You must respect everybody. Respect the person you're talking to. Don't be aggressive in your language, don't say something like 'it's not your fault, you're just an idiot.' Like be respectful. This is so important. And it's not even that you respect the person, but that the person feels respected. Go over the top to make sure that the person you're talking to, especially if it's someone you're close to knows you respect them.

So B is for? Brevity. R is for? Respect. E is for encouragement. Even when you're talking about something kind of hard, it's always good to slip something in good, even if it's about their shoes. Say something good. Don't be all negative. Say something positive and say as much positive stuff as you can. It's going to make it go a lot easier. So be encouraging. Use words that are life-giving. So B is for? Brevity. R is for? Respect. E is for – encouraging.

And A is for affectionate. This is a mistake most men make. Be affectionate. If you're negotiating a deal in your business, if you're talking to your spouse, if you're talking to a child, if you're talking to an older person, no matter who you're talking to, be affectionate. When you're affectionate, when you are a buddy, when you're a friend, when you're kind, when you're warm, that gives a lot of room for all the other mistakes you're going to make. That shows you actually like the person you're talking to, so be affectionate.

So B is for brevity, R is for respect, E is for encouragement, A is for affection, T is for truth. This is hard because a lot of times when we're talking about hard things, especially about other people, we want to take certain things out because it's too hard so we give part of the truth, and the person leaves confused. Shoot straight with people. In all things, truth is always better on the long run. Since we're being honest with each other, let's be honest. Being honest, in the short run, sometimes works against you. But always do it anyway because on the long run, people are going to trust you more, you have less to remember, and as things go on longer, it'll just pay out much better.

So in BREATH, H is for heart. Be brave because it's hard to talk to somebody you love about something that's bothering you and it's easy to give in when the talk isn't over, and it's easy to let go when you need to hang on. You deserve to be heard. Your opinions matter. And you have to believe that if you expect anybody else to believe it. You have to believe it in your opinion and your voice if you expect others to believe in it, too. So sometimes, because we love someone and the conversation is getting too hard, it's easy to want to pull back or give up or withdraw when it's not done. And you started this, you need to finish it. You need to have heart.

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You need to complete and finish well something that you and maybe God has started and I promise in the end, not all of these are going to go well, but most of them will go well and you'll be so glad that you had all of these conversations.

I know a lot of times when we need to talk to somebody when we feel angry, we feel exhausted and we think I don't have the energy to have that talk. But can I tell you few things drain the soul more than feeling angry about something all the time. So use a little bit of energy to have this conversation and God will bless it. It will go well.

So friends, just relax. Life is too good to spend being angry. Let's slow down, let's not have so much burdening our lives and become the kind of person that's not so touchy. People are tenderhearted. The soul is fragile. And nothing damages the soul more than words, and nothing lifts up the soul more than words. And you have such a great gift to give people, so thank you for being a person who gives words of life, who blesses people. God is using that and I'm so grateful for you, and so is he. You are loved. Amen. Thank you.