

### **Overcoming Verbal Abuse**

1. iLive beyond what I was (1 Timothy 1:12-13).
2. iLive the abundant life by the vehicle of God's grace (1 Timothy 1:14-15).
3. iLive as a testimony of God's ability to reach anybody (1 Timothy 1:16-17).

*Action point:*

*Almost all of us have verbally abused someone either because we initiate it or because we are responding. Most people who are verbally abusive would like to stop, but they don't have an effective way to do so. If you want to stop being verbally abusive then first apologize to 5 people that you have been verbally abusive to. You may want to read the book, *The Five Languages of Apology* by Gary Chapman. Next when you feel like being verbally abusive because of something someone has done to you then follow the advice of 1 Peter 2:21 which tells us to, "follow in his steps." And what did Jesus do? We are told in verses 22-23, "He committed no sin, and no deceit was found in his mouth." When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly." Jesus just kept his mouth shut at the point he was being verbally abused and all the emotions inside he "entrusted" to the Father. Simply walk away without saying anything to those who make you mad and entrust your emotions to God. You'll be more like Christ if you follow in His steps.*

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