

# Coach House Church

# BEACONS

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## STOP BEING HANGRY

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27TH NOVEMBER 2020

Yes i mean Hangry. That time when you are hungry but you become short and angry all at the same time.. The kids call it being Hangry.

You know what - I'm tired. Today I'm not going to hide it, I'm tired. I just want a holiday. Its been a long time since I've been able to put my feet up, sit back - even it seems just having one day off is now a very distant memory. And this does crazy things to me. I start to become unfocussed, and that leads me to get frustrated with myself and unfortunately.. others.

"The man who fears God will avoid all extremes." - Ecclesiastes 7:18 NIV

I once read life-changing teaching on the acronym "H.A.L.T." It made me realise the poor choices we can make when we are too hungry, angry, lonely, or tired.

The Bible says: "Pay attention to these instructions, for anyone who fears God will avoid both extremes" (Ecclesiastes 7:18) And there's good reason for that. The apostle Peter wrote: "Keep a cool head. Stay alert. The Devil is poised to pounce, and would like nothing better than to catch you napping. Keep your guard up." (1 Peter 5:8 MSG) The devil specifically targets those who are out of balance in an area - those who make themselves spiritually vulnerable by a behaviour or attitude that is outside of God's will.

HUNGRY. Scripture tells us that Esau, Jacob's older brother, sold his birthright for a bowl of lentil stew. (Genesis 25:29-34) Why? Because he was "famished," and he let his stomach dictate his actions. The truth is that our appetites can lead us astray. They can lead us to overeat, or to eat unwisely. All of those poor choices can add up to poor health. And poor health can severely limit our opportunities and blessings, because God can't use us to our full potential when we're destroying our health. As Christians, we're not to be hunger-driven, but Spirit-led. (Romans 8:14) If you don't think that you have the potential to make unwise decisions when you're very hungry, just think about Esau and the costly decision he made.

ANGRY. One of my favourite Scriptures says: "Slowness to anger makes for deep understanding; a quick-tempered person stockpiles stupidity." (Proverbs 14:29 MSG) This verse is near and dear to my heart because I have had to learn its truth the hard way. Anger can be costly. It can cost us our money, our health, and our relationships. It is one of Satan's most effective means of getting believers off the good paths that the Lord has mapped out for us. James wrote: "Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires." (James 1:19-20 NLT)

God's will for us is to be good listeners, to restrain ourselves from monopolising a conversation, and to rein in our emotions when they threaten to control us. If you want to put out a welcome mat for the devil, let your anger get the best of you. On the other hand, if you want to be a hard target for the enemy, then take Paul's advice: "Go ahead and be angry. You do well to be angry—but don't use your anger as fuel for revenge. And don't stay angry. Don't go to bed angry. Don't give the Devil that kind of foothold in your life." (Ephesians 4:26-27 MSG) In other words, "But you should keep a clear mind in every situation." (2 Timothy 4:5 NLT)

LONELY. Many people, including Christians, make poor decisions out of loneliness. If you ask them why they are in a relationship that they know is out of God's will for them, they will often say, "I'm afraid of being alone." This is a fear-based attitude; therefore, it is not of God. The Lord wants us to trust Him enough to endure seasons of loneliness, if necessary, to do His will. And He wants us to use times of loneliness to draw closer to Him, and to take comfort in the promise of His presence: "I'll never let you down, never walk off and leave you," (Hebrews 13:5 MSG)

TIRED. The Bible says, "It's useless to rise early and go to bed late, and work your worried fingers to the bone. Don't you know he enjoys giving rest to those he loves?" (Psalm 127) The Lord knows that we are not at our best when we are exhausted. For one thing, our faith doesn't work very well. That's because fatigue can hamper our focus. And focused prayers are the most powerful prayers we can pray. Tiredness can also put us in a negative frame of mind. Try to pray with a negative mindset, and you will quickly discover how ineffective your prayers can be. Exhaustion can also affect our work. It appalls me how many mistakes I can make when I'm sitting up late at night working, when I should be in bed or how unfocussed I am when trying to work the day after staying up late. Scientists have even proven that excessive fatigue can have the same effect on us as being under the influence of drugs or alcohol. Our decision-making abilities become impaired. When we put undue stress on our bodies and minds through extreme behaviours and attitudes, Satan can, and will, use our weakened state to lead us astray. The devil is constantly looking for vulnerable believers - don't you be one of them! And trust me I am talking to myself right now as much as you. (and as I've just typed those words, I've yawned).

So don't get Hungry, or Angry. Don't worry about being Lonely and most certainly make sure you're rested so that you are in the best place to be used by God.

Prayer: Lord, remind me often not to allow myself to become too hungry, angry, lonely, or tired. Fill me with wisdom and strength, and make me sensitive and obedient to Your Spirit's leading at all times. Remind me often that letting my guard down can open the door to the enemy and make me vulnerable to his evil strategies. Thank You that as I remain cautious and vigilant, I will walk in the paths of Your very best blessings!



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