

Quick to Listen, Slow to Speak, and Slow to get Angry

By Minister Jim Fripp-Christian Education Ministry

Hard economic times can and do influence men and women behaviors and relationships. They can choose to respond affirmatively: by turning toward your partner instead of turning away, letting your partner positively influence you, enhancing your love relationship with fondness and admiration toward each other, agreeing that some problems are perpetual and other are solvable—in other words agree to disagree and still be tolerant of each other's faults, and finally to be real and honest about your dreams and convictions, which doesn't mean a couple sees eye to eye but you find a way to honor and respect each other's dreams even if you don't always share them.

Acknowledging and respecting each other's deepest, most personal hopes and dreams is the key to saving and enriching your relationship and your marriage.

“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 (or justice) God desires.” James 1: 19-20 (NLT)

Hard economic times can and do influence men and women behavior and relationship. They can choose to respond negatively through domestic violence:

It is not an enemy who taunts me—I could bear that. It is not my foes who so arrogantly insult me—I could have hidden from them. Instead, it is you—my equal, my companion and close friend. What good fellowship we once enjoyed□ as we walked together to the house of God. Psalm 55:12-14 (NLT)

Know the signs of Domestic Violence

It may not be easy to identify abuse, especially at first. While some relationships are clearly abusive from the outset, abuse often starts subtly and gets worse over time. For example, abuse may begin with occasional hurtful comments, jealousy or controlling behavior. As it gets worse, the abuse may become more frequent, severe or violent. As the cycle of abuse worsens, your safety or the safety of your children may be in danger.

You may be a victim of abuse if you're in a relationship with someone who:

- Controls finances, so you have to ask for money
- Looks at you or acts in ways that scare you
- Acts jealous or possessive, or accuses you of being unfaithful
- Tries to control how you spend your time, who you see or talk to, where you go or what you wear
- Wants you to get permission to make everyday decisions
- Gets angry when drinking alcohol or using drugs
- Scares you by driving recklessly
- Threatens to kill him or herself

- You are very likely in an abusive relationship if you have a relationship with someone who does even one of the following:
- Hits, kicks, shoves, slaps, or chokes you or threatens you with violence or a weapon
- Forces you to have sexual intercourse or engage in sexual acts against your will
- Calls you names, insults you or puts you down
- Prevents you from going to work or school
- Stops you from seeing family members and friends
- Hurts, or threatens to hurt you, your children or pets
- Destroys your property
- Controls your access to medicines
- Blames you for his or her violent behavior or tells you that you deserve it
- Says that his or her abusive behavior is no big deal or even denies doing it
- Tries to force you to drop charges
- Tries to prevent you from calling the police or seeking medical care

If this sounds like your life there are alternatives, you are not alone, this is a list of shelter and health resources:

Domestic Violence Shelter Resources

Casa Myrna Vasquez	800-992-2600
Elizabeth Stone House	617-522-3417
Finex House	617-288-1054
Renewal House	617-566-6881
The Network/LaRed	617-423-SAFE
MA Coalition Against Sexual Violence	617-248-0922

Domestic Violence Health Care Resources

Bowdoin St. Health Center	617-724-0034
Codman Sq. Health Center	617-822-8380
Dimock Com. Health Center	617-282-1511x1629
Little House Health Center	617-754-4971
Neponset Health Center	617-282-3200
Upham Corner Health Center	617-740-8144
Child Witness To Violence Project	617-414-4244
AWAKE Program, Children Hosp.	617-355-4760
Haven Program, Mass Gen. Hosp.	617-724-0054
Safe Transitions Program	617-667-8141

Christ said, “I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another.” (John 13:34)