**Sermon:** The unfortunate reality of today's world is that we live in a world full of violence. I turn on the news, and I hear about how someone got stabbed, or someone got shot. Often we act on impulse, and we do not realize exactly what we are doing or what we are saying before we actually do or say it. Often the impulse revolves around anger and revenge. If someone hurts us, we might want them to feel the pain that we feel. In this scripture reading, it tells us that as good Christians, we must not act on our anger, but instead act on our kindness.

When I was younger, I would often get bullied at school. I eventually lost my temper one day and snapped back at the kid on the playground. This did not end well for me, as I got sent home from school that day because I could not keep my composure. My parents then taught me that if I want to beat this bully at his own game, then I should not show my hurt, but instead act on kindness to him. So, I would keep smiling everyday as I was called almost every name in the book. I would hold the door open, and just ignore him. Eventually, he was caught bullying someone else and got suspended for his actions. This is just a small, innocent way that proves this scripture readings effect on us. I did not have to do anything, and the bully then suffered. God helps us out with this. Some people call it karma, others call it fate. It is God's will being done.

On the other hand, if we do act on our impulses, and we get into things too deep, we have to remember that God is with us every step of the way, and will be there to catch you if you fall. I have a friend that I grew up with. We went through Sunday School together as children, and she was a straight A student all through high school and university. A couple of years ago, she got caught in the middle of a situation involving her ex boyfriend, and her new boyfriend. She was abused by her ex boyfriend, and so the

boyfriend wanted him to pay. Unfortunately things got out of hand. The ex boyfriend ended up being shot, and the boyfriend and my friend went to jail. I had spoken with her prior to her entering jail, and she had told me that things got out of hand so quickly and before she knew it, it was over. Nobody took the time to think about what they were doing. She also told me that she has been praying to God that He will stay with her through the entire process. She got sentenced to 7 years in jail, but just a few days ago, the parole officer granted her parole so she is now free to live again. God stuck with her through the entire journey, and helped her get past the worst. This is a very intense demonstration of God's forgiveness, but it shows that no matter how much trouble you get into, god is always there to catch you. You just have to keep a level head, and try to not always resort to violence. We cannot control how much violence there is in the world, but we can spread the word of God, and spread gestures of joy and peace, in hopes that others will continue to create a chain reaction. We are put on this planet to make a difference, so I challenge each of you to do just that. Perform an act of kindness and peace, and encourage people to do likewise. Together we can create peace on Earth.