

THE BRIDE'S BILL OF RIGHTS 75

II PETER 1:2

2 Grace and peace be multiplied unto you through the knowledge of God, and of Jesus our Lord,

II PETER 1:3

3 According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath **called us to glory and virtue:**

II PETER 1:4

4 Whereby are given unto us exceeding great and precious promises: that by these **YE MIGHT BE PARTAKERS OF THE DIVINE NATURE**, having escaped the corruption that is in the world through lust.

II PETER 1:5

5 ¶ And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge;

II PETER 1:6

6 And to knowledge temperance; and to temperance patience; and to patience godliness;

II PETER 1:7

7 And to godliness brotherly kindness; and to brotherly kindness charity.

II PETER 1:5

5 ¶ And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge;

II PETER 1:6

6 And to knowledge ***TEMPERANCE**; and to temperance patience; and to patience godliness;

TEMPERANCE: GREEK LEXICON -- STRONG'S NUMBER 1466

egkrateia {eng-krat'-i-ah}

self control (the virtue of one who masters his desires and passions, especially his sensual appetites)

THE.STATURE.OF.A.PERFECT.MAN_ JEFF.IN V-2 N-18 SUNDAY_62-1014M

33-4.....We come to temperance. Now, you've had faith first. You have to have that to begin with. Then you add virtue to your faith, if it's the right kind of virtue. Then you add knowledge, if it's the right kind of knowledge. Now, you're going to add temperance.

Temperance doesn't mean: stop drinking alcohol here either. No, no. Temperance doesn't mean alcoholic cure, not in this case. This is Bible temperance, Holy Spirit temperance. That's just one of the lust of the flesh. But we're talking about Holy Spirit temperance. **That means how to control your tongue, not be a tattler; how to control your temper, not fly off every time anybody speaks cross to you.** Oh, my. Boy, a lot of us are going to fall off 'fore we get started, aren't we? See? Then we wonder why God's not in His church doing miracles and things that He used to do.

ISRAEL.AND.THE.CHURCH.4_ JEFF.IN IC 97-128 SATURDAY_53-0328

19.....And he was borned in this world to be a deliverer just like Christ. And, oh, how he, his work, how he was a law-giver, went up in the mountains and stayed forty days, come back out with the law. **And he, his besetting sin was temper; he broke the commandment.** Went back up, showing that that priesthood must die, pass away.

ISRAEL.AND.THE.CHURCH.4_ JEFF.IN IC 97-128 SATURDAY_53-0328

48.....You know, did you ever study that right close? **Moses had a temper, you know; that finally kept him out of the promised land: his temper.....**

“Anger is part of the fight, freeze, or flight response in which the adrenal glands flood the body with stress hormones, such as adrenaline and cortisol.”

We experience physiological effects like an increased heart rate and blood pressure, rapidly pushing blood to the heart. The body is physically preparing to fight to defend itself or flee from danger.

Experiencing anger triggers the body to release stress hormones, which over time can take a toll on heart health.

Research shows that anger (even momentary anger measured by changes in facial expression) results in changes in the heart that worsen the muscle’s ability to pump blood, which can lead to [high blood pressure](#) and subsequent complications (like [heart disease](#), [heart attack](#), [stroke](#), and metabolic syndrome).

Research, accordingly, shows that people with higher anger (those who tend to perceive situations as hostile and are less capable of controlling their hostile thoughts and feelings) are at greater risk of [coronary heart disease](#).

Another study found that higher trait anger was also linked to higher risk of death from coronary heart disease and complications.

Evidence also suggests that anger is specifically linked to higher risk of heart attacks.

In a systematic review that looked at studies with a total of nearly 4,000 participants from more than 50 medical centers in the United States, researchers found a more than twofold increase in heart attacks within two hours after an anger outburst, an association that was also found to be stronger with increasing intensity of anger.

This suggests more intense anger is indeed worse for your heart, the researchers noted.

ANGER CAN DISRUPT DIGESTION

Much research shows that the brain and gut are in constant communication and influence each other.

TOO MUCH ANGER HINDERS MENTAL HEALTH

Being in a state of anger strains can take a toll, too, on mental health. Studies show that anger is often elevated in emotional disorders, such as [anxiety](#) and [depression](#), and is associated with both worse symptoms and a lesser response to treatment.

Anger (especially prolonged anger) can also affect our concentration and thinking patterns.

It can make us more hostile or cynical, which can take a toll on our [relationships](#) and ability to form bonds. All of this can certainly be damaging to wellbeing.

“Our anger reactions can cause harm to our most important relationships,” Tafrate said. Humans are social

**creatures, and we need social connections to thrive.
“Anger can set the stage for nasty verbal rants or even
violent behavior.”**

PHYSICAL HEALTH IMPACTS

Stress Response: High temper often leads to increased stress levels, which can elevate blood pressure and heart rate.

Inflammation: Chronic anger and irritability may contribute to inflammation, linked to conditions like heart disease and diabetes.

Immune Function: Persistent negative emotions can weaken the immune system, making individuals more susceptible to illnesses.

MENTAL HEALTH EFFECTS

Anxiety and Depression: Frequent anger can correlate with higher rates of anxiety and depression.

Coping Mechanisms: Individuals with a quick temper may resort to unhealthy coping strategies, such as substance abuse.

THE.RESURRECTION.OF.JESUS_ CHICAGO.IL THURSDAY_ 56-0405

E-20.....**God don't want you to be frowning. God wants you to be happy.** The human heart was made to be happy. Worry will cause cancer. **Temper will cause cancer.** Don't never be upset. Just walk in His love. Amen. Knowing that you're walking in Him, and nothing can harm you.....

SOCIAL CONSEQUENCES

Relationships: A volatile temper can strain personal and professional relationships, leading to social isolation.

Work Environment: Anger can affect workplace dynamics, potentially resulting in conflicts and reduced productivity.

THE.INFALLIBILITY.OF.GOD'S.SPOKEN.WORD_ CHICAGO.IL
WEDNESDAY_ 56-0404

E-4 You know, I--I was telling the boys awhile ago coming over, I said about how we must be happy all the time. God don't want you to be sad. You know what ill temper does? And that old temper, that's one of the awfulest old things. **And it--it's about sixty percent of the cause of all sickness is temper.** Yes, sir, them tam--tantrums you fly loose, remember, you just developing a cancer, ulcer, or something like, when you do it. When you get all stewed up about somebody, "I won't go back there any more. Wait till I give them a piece of my mind." All right. **REMEMBER, YOU'RE THE ONE'S GOING TO PAY FOR IT. JUST KEEP HAPPY.....**

THE.CHURCH.AND.ITS.CONDITION_ JEFF.IN CH 1-34 SUNDAY_
56-0805

62 First time you get one of those little temper spasms, **the Dove flies right away. That's right. She can't stand it.** Her nature's different. Oh, She can't stand that at all. And you go to

talking about your neighbor. She can't stand that. She just won't put up with it. He just takes His flight and goes on away.....

LIFTING.HIM.UP.OUT.OF.HISTORY_ JEFF.IN WEDNESDAY_ 58-1001

E-48.....A Methodist God, a Baptist God, a Presbyterian God, a Pentecostal God, **THEY WON'T WORK**. Get the God of this Bible. A Pentecostal God will go right out in the world. A Methodist God, or a Baptist God, or any other denominational God... **But the God of this Bible will make you like Jesus**. He sure will. His Spirit will dwell in you, and all your life will be changed. **That temper, that malice, that unforgiving spirit, that thing, it'll canker your soul in a lost eternity.....**

FAITH.IS.OUR.VICTORY_ JEFF.IN SATURDAY_ 58-1004

E-40 Dear God, we would ask Thy Divine mercy upon these waiting penitent souls, who believe that You are and a rewarder of those that diligently seek after Thee. And I would ask You to be merciful unto them, Lord, and whatever there is, **the cancer of doubt, THE CANCER OF TEMPER, the malignancy of unbelief, take it out, just now, Lord, and give them the Holy Ghost**. Fill their soul with Your goodness. Baptize them into Thy Kingdom just now.....

THIRSTING.FOR.LIFE_ PHOENIX.AZ FRIDAY_ 60-0304

E-59.....**You got a temper that just makes you fly loose; that's the devil. He bites you; he will poison your experience. It's like sulfuric acid. It'll kill you, and you'll be lost.....**

PRESUMING_ PHOENIX.AZ WEDNESDAY_ 62-0117

E-161.....**The lady sincerely confessed, and she said she has a spirit on her of high temper**. And we realize that that's not--that's not nice. But, sister, not only you, but there's plenty of us in here. But maybe some might not be as honest to confess it, but he that will confess his sins... He that'll hide his sins will not prosper, but he that'll confess his sins shall have mercy. You know that.

So I pray heavenly Father, **by laying hands on sister, that this temper will leave her.** May it never bother her again, in the Name of Jesus Christ. Amen. Bless you, sister.

PRESUMING_ PHOENIX.AZ WEDNESDAY_ 62-0117

E-162.....Our heavenly Father, realizing that we never know what time our heart's going to stop, might any minute, **and brother has heart trouble, and with a temper that cause him to fly into tantrums. Oh, that devil would like to take him TO A PREMATURE GRAVE.** But I, as Your servant, along with all these other servants tonight, we ask that, in the Name of Jesus Christ, that the temper will leave him, and the heart will be well, and will be true to Christ all the days of his life, and be well to serve Him. In Jesus' Name. Amen. Bless you, brother. I believe it's all over, and you've been healed.

LETTING.OFF.THE.PRESSURE_ GREEN.LAKE.WI FRIDAY_ 62-0518

E-18 Even Christians, it's bothering them. See some of them all pressured up, **and snap you off, enough temper all built up like they're going to blow up.** What's the matter? Something wrong. That shouldn't be. **TEMPER COMES FROM SATAN.....**

IN.HIS.PRESENCE_ JEFF.IN V-11 N-4 SUNDAY_ 62-0909E

97.....**Put the Lord between you and that sin, whatever that little besetting sin is.** It might be lying, might be stealing; it might be evil thinking; it might be temper, might be drinking, might be smoking, might be gambling. I don't know what. It might be lust; it might be anything. I don't know what it is. Whatever it is, put the Lord before you.....

IS.YOUR.LIFE.WORTHY.OF.THE.GOSPEL_ JEFF.IN V-5 N-5
SUNDAY_ 63-0630E

155.....That Word is the Truth. Right. And the Spirit of God will recognize His Own Writing. **He's identified by His Writing. It--It--It speaks of Him. And you're identified by believing It,**

AND IT GIVES YOU YOUR CREDENTIALS OF IDENTIFICATION.

156 Don't fuss with others. And don't--and don't have these family fusses, as I said. Love breeds love. And **TEMPER BREEDS TEMPER.**

QUESTIONS.AND.ANSWERS.4_ JEFF.IN COD SUNDAY_ 64-0830E

1165-Q-405 405. Brother Branham, when some of--someone gets on me or "steps on my toes (This might be a good one.)--steps on my toes," as the old saying is, my temper rises; how can I overcome this thing? I know the Lord will have to do it, but what can I do in my heart? I don't want this thing.

Sweeten your temper with prayer; then make up your mind. There... I don't guess there is too many people in this building ever had any more temper than I did to begin with. Oh, I--I had a mouth mashed all the time. And I--I--I'd taken a lot of my meals out of a straw.

QUESTIONS.AND.ANSWERS.4_ JEFF.IN COD SUNDAY_ 64-0830E

1165-95 My mother, as you know, was a half Indian, and my father was an Irishman, a Kentucky Irish at that. And every one of--both of them had enough temper to fight a buzz saw. **And all the time my mouth was mashed;** I was little to begin with. And they'd just pick me up and knock me down. And I'd get up again; and they'd knock me down again till I just got too able--unable to get up any more. That's always. And then when I got able to get up, I got up again; they knocked me down again. So that's just the way I had it. I thought, "I can never be a Christian." But when the Holy Spirit came into my life, that done it.....

.....You know the evils that I done when I was a kid fighting? **Almost killed five men at one time.** Took a rifle loaded with sixteen shots, and when them boys beat me because I was a Kentuckian, no other reason... I couldn't even hold my head up.

One would hold me by hands like this, and the other one'd stand there with a rock in his hand and pound me in the face, till I just lifeless. Nothing in the world...

QUESTIONS.AND.ANSWERS.4_ JEFF.IN COD SUNDAY_ 64-0830E

1167-103 I stepped up with the hammer pulled back on the rifle. I said, "Now, which one of you wants to die first, so you won't watch the others?" They started squealing; I said, "Don't squeal, 'cause you're all going to die one by one." And I meant it. And just then they started squealing. And I pulled up and snap. The gun snapped. I threwed another shell in. Snap, it snapped; another shell, snap, it snapped. And I pumped sixteen shells on the ground. Every one of them snapped. And them boys running, and screaming, and diving over the hill, and everything. And after they left, I stood there. When I'd get so angry, till I--I-- I wouldn't cry; **I would laugh like a idiot and tears run out of my eyes.** Now, that's a temper. If it hadn't been for God, I'd been a murderer. And I picked up them shells and put them back in the rifle, and, "Pow, pow"; they'd shoot just as good as ever. Talk about grace.

EPHESIANS 4:25

25 Wherefore putting away lying, speak every man truth with his neighbour: for we are members one of another.

EPHESIANS 4:26

26 Be ye angry, and sin not: let not the sun go down upon your wrath:

MARK 3:4

4 And he saith unto them, Is it lawful to do good on the sabbath days, or to do evil? to save life, or to kill? But they held their peace.

MARK 3:5

5 **And when he had looked round about on them with anger,** being grieved for the hardness of their hearts, he saith

unto the man, Stretch forth thine hand. And he stretched it out: and his hand was restored whole as the other.

JOHN 2:13

13 And the Jews' passover was at hand, and Jesus went up to Jerusalem,

JOHN 2:14

14 And found in the temple those that sold oxen and sheep and doves, and the changers of money sitting:

JOHN 2:15

15 And when he had made a scourge of small cords, he drove them all out of the temple, and the sheep, and the oxen; and poured out the changers' money, and overthrew the tables;

JOHN 2:16

16 And said unto them that sold doves, Take these things hence; make not my Father's house an house of merchandise.

JOHN 2:17

17 And his disciples remembered that it was written, The zeal of thine house hath eaten me up.

GALATIANS 5:22

22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

GALATIANS 5:23

23 Meekness, **TEMPERANCE:** against such there is no law.

JAMES 1:26

26 If any man among you seem to be religious, and ***BRIDLETH** not his tongue, but deceiveth his own heart, this man's religion is vain.

BRIDLETH: GREEK LEXICON -- STRONG'S NUMBER 5468
chalinagogeo {khal-in-ag-ogue-eh'-o}

to lead by a bridle, to guide; hold in check, restrain

IS.YOUR.LIFE.WORTHY.OF.THE.GOSPEL_ JEFF.IN V-5 N-5
SUNDAY_ 63-0630E

149 Don't fuss. When the family gets in a fuss, don't fuss with them. Your mother said, "I ain't having you go up there, that old church, anymore. Well, you, all you think about now, you're letting your hair grow out. You look like some old grandma."

Don't fuss with her.

Say, "Okay, mother. It's all right. I love you, just the same. And I'll be praying for you as long as I live." See?

150 **Now, don't fuss. See? Temper breeds temper.** First thing you know, you grieve the Holy Spirit away from you, you'll be fussing back. Then the Holy Spirit takes Its flight. **Temper breeds temper.**

And love breeds love. Be full of love. Jesus said, "This will all men know you're My disciples, when you have love, one for another." That's the fruit of the Holy Spirit, love.

THE.STATURE.OF.A.PERFECT.MAN_ JEFF.IN V-2 N-18 SUNDAY_
62-1014M

33-6.....**Temperance, how to answer in kindness when wrath is spoke to you.** Somebody say, "You bunch of holy-rollers down there." **Don't jump out and roll up your sleeves now.** See? Not that, but talk with godly love. Temperance, kindness, is that the way you want to be?

When you're riled upon, rile not back. Let Him be your Example. When they said, "If Thou be the Son of God, turn these stones into bread," He could've done it and show He was God; **but He had temperance.** When they called Him Beelzebub, He said, "I forgive you for it." Is that right? They pulled handfuls of beard out of His face, and spit in His face, and said, "Come down off the cross."

He said, "Father forgive them; they don't even know what they're doing."

THE.STATURE.OF.A.PERFECT.MAN_ JEFF.IN V-2 N-18 SUNDAY_
62-1014M

34-2 When He had the gift... He knowed all things, for in Him was the Fullness of the Godhead bodily. They had seen Him perform miracles by telling people what was wrong with them, and so forth like that. They put a rag around His head like that, around His eyes, and hit Him on the head with a stick, and said, "Prophecy; tell us who hit you; we'll believe you." See? He had temperance.

Now, if you've got it like that; add it to your faith. If you still blow up and sass, and fuss, and stew, and carry on. Huh, uh. You ain't got no... YOU CAN'T ADD THAT, 'CAUSE IT WON'T ADD.

See, it won't vulcanize. You couldn't take a piece of rubber, you know, and vulcanize it to a piece of iron. It just won't work. No, it's got to be flexible just like the rubber is. See? And when your faith and your temperance becomes the same kind of Holy Ghost temperance that He had, **then it'll vulcanize with Him. You're added to it.**

THE.STATURE.OF.A.PERFECT.MAN_ JEFF.IN V-2 N-18 SUNDAY_62-1014M

34-5 When your virtue is like His virtue, then it'll add to it. **When your knowledge is like His knowledge, "I come to do Thy will, oh God."... With the Father's Word He defeated every devil.** Heavens and earth will pass away but the Word will not. See, when you got that kind of knowledge, it'll vulcanize with your faith. **When you got the right kind of temperance, like He had; it'll vulcanize.** If you haven't--just a man-made, halfway, soused-up belief, or temperance, "Oh, I ought to slap him down, but--but maybe I'd better not, 'cause they might put my name in the paper about it." That ain't the kind of temperance He's talking about. Don't try to add that; it won't work. **But when you can really, with the sweetness from your heart forgive every man, HOLD YOUR PEACE; let it be gone (See?), then it'll vulcanize. You can add that to your faith.** Whew. No wonder the church is so short. Isn't that right? No wonder.

THE.STATURE.OF.A.PERFECT.MAN_ JEFF.IN V-2 N-18 SUNDAY_ 62-1014M

35-1 I say, "Repent and be baptized, the Bible said, in the Name of Jesus Christ," and a strict trinitarian don't believe that, would say, "That old antichrist; He's a Jesus' Name; He's a Jesus only." **Look out, boy. I don't know about your temperance right now.** See?

Why don't you come and say, "Let's reason this together, Brother Branham. I'd like to hear this explained." See? Then come down and listen to it; and then it's put right before you, and then you walk away, we'll--we'll get to that in just a few minutes in godliness.

But when you--when you fly loose, want to jump at every conclusion, huh-uh, that's--that's not it. See? You haven't got Bible temperance yet when you do that. HOW TO ANSWER BACK. THEN IF YOU'VE GOT ALL THIS, YOU CAN ADD THIS TO YOUR FAITH.

THE.SPOKEN.WORD.IS.THE.ORIGINAL.SEED_ JEFF.IN V-3 N-1 SUNDAY_ 62-0318

41-1.....Someone come the other day, said somebody had said something bad about me and--and accused me of something that was wrong. **And I said, "Oh forget it."**

Said, "How can you take it like that? That involves your family. That..."

I said, "Oh, my." I said, "That was predestinated before the foundation of the world **to give me a trial.** I said, "Why, my, my, my. Sure, so that's all right."

Said, "How do you do it?"

I said, "If I looked right down this way, I'd be falling all the time."

THE.SPOKEN.WORD.IS.THE.ORIGINAL.SEED_ JEFF.IN V-3 N-1 SUNDAY_ 62-0318

41-5.....Look out here at the end of the road. See, a man who looks like this, he don't know where he's going. He's looking this way. **But if you look out yonder, you don't care what's going on now; you know where you're going.** See? That's it. Look where you're going. Stay lined up with the Word.

BLASPHEMOUS.NAMES_ JEFF.IN V-3 N-21 SUNDAY_ 62-1104M
21-5.....two different kinds of temperance. One thinks it's prohibition. They got... That ain't the kind of temperance that God's talking about. **It's that ungodly, uncontrollable temper you got and things of that type--sass back, fuss.**

BLASPHEMOUS.NAMES_ JEFF.IN V-3 N-21 SUNDAY_ 62-1104M
25-4.....Now, when Jesus had been obedient, Jesus to God,
God placed Him positionally: "This is Him."
Now, when the member is born by the Holy Ghost into the family of God and has proven to have these virtues in him, that God can see virtue, knowledge, temperance, patience, brotherly kindness, and godliness in him, **then God seals him or places him. And there, that's when you see the sons and daughters of God.**