

Vent Your Frustration!

Have you ever been around someone who is *vexed*?

Perhaps you are thinking what I am thinking, "M-a-y-b-e . . . what exactly is 'vexed'?"

'Vexation' is not a commonly used word these days, but it is quite descriptive. It is an 'anger' word with an added pinch of mental *distress* and *irritation*.

Hannah, the mother of Samuel, was vexed when her husband's *other wife* continually tormented her because she was unable to bear a child. When you are vexed your mind is swimming with anger and distress due to something/someone that has irritated you.



So, have you ever been around someone who is *vexed*?

You can almost see a cloud over their head; they cannot hide it. They huff and grunt and make a show of their bad mood. You might even hear an announcement, "That really ticked me off!" or "I am so mad I could spit!"

FOOL!

It is not nice to call someone a fool, but...

**A fool's vexation is known at once,
But a prudent man conceals dishonor.**

--Proverbs 12:16

Vexation is not necessarily bad if you handle it properly. Perhaps we all become vexed at one time or another. The *fool* is the person who cannot help but make everyone aware of his 'vexation.' He vents his frustration, *according to the wisdom of our age*.

The man or woman of wisdom is different. Instead of demanding attention and becoming a distraction; instead of venting his/her frustration, the wise person shows patience

and self control. He know how to deal with his difficult circumstances, at least in part, by the preceding proverb:

**The way of a fool is right in his own eyes,
But a wise man is he who listens to counsel.**

--Proverbs 12:15

Just be sure to choose your 'counselor' carefully when you are vexed. The one who counsels you to be a fool and vent your vexation is not giving you wisdom from God. Beware.

Be wise.

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