"So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath..." ~ James 2:19 ** This a very important part of the definition of the word 'patience', and it is a very key for us at four key times:

<u>H</u> > hungry

 $\frac{\underline{A}}{\underline{L}}$ > angry $\frac{\underline{L}}{\underline{L}}$ > lonely

 $\frac{\underline{\underline{\underline{T}}}}{\underline{\underline{T}}}$ > tired

(<u>HALT</u> acronym borrowed from Charles Stanley)