

**1.13.2018**

## **Righteous Vs. Misguided Anger** **Know The Difference**

We live in a culture that simultaneously promotes Angry Responses while at the same time rewards Keeping Cool at all costs. Twitter, YouTube and nightly news reports are filled with Angry Videos that have millions of views. We see on a daily basis some politician with crocodile tears foisting some new victimhood narrative. At the same time, real injustice with life and death consequences is being dealt with lukewarm conviction. More so, real Discipline is being ignored altogether because a Righteous Anger has been muffled, stifled, suppressed, repressed, throttled and otherwise choked out of existence.



Anger is a completely normal and usually healthy human emotion. It is a natural adaptive response to hazards, dangers, threats and perils to one's personal safety and security. Anger inspires powerful, often aggressive, feelings and behaviors, which allow us to fight and defend ourselves when we are attacked. A certain amount of anger is necessary for our survival and for the survival of the loved ones placed in our care.

Civil Society however, has mitigated the need for one to walk around in a constant state of assertive belligerence. However, we still have feelings of anger and frustration because of very real and inescapable problems in our lives. Everyone needs to learn the difference between Righteous and Misguided Anger.

While anger is not in itself wrong, it is accurately grouped into the concept of Wrath, one of the 7 Deadly Sins. If left unchecked, anger can lead to Wrath. The difference is in intensity, force and passion. Wrath has the connotation as vengeance and unmitigating punishment that is unmoderated in intensity or severity. Wrath is rage, fury and ire that lead to madness.

**Why Did Jesus  
Drive The  
Money  
Changers From  
The Temple?**

It is important to understand that while Anger can lead to Wrath, our Faith demands we avoid Wrath as a Deadly Sin. Anger however, is to be looked upon as a Tool in our toolbox to be used for Discipline. For example, Discipline your children now or a Teacher, Judge or Executioner will discipline him later.

We know that not all anger is bad when we learn how to control and communicate it properly, positively and constructively.

The concept of righteous indignation is as old as the civilized world, yet we men still have difficulty understanding the appropriateness of it and how the relationship with God is affected.

What does scripture say that would guide us in the modern world? While we seek to know the Mind of God, our understanding of a Rational Use Vs. an Irrational Use of Anger needs to be grounded in what God teaches us. What model has Jesus provided for example? We know that God has indeed placed anger into us, and it has its place in our lives. It is important to note that the use of Anger, how and when to use it, defines us as men. It defines us as a Foe of God or a Follower of Jesus

Is It Right To Be Angry  
**Ephesians 4:25-27**  
**James 1:19-20**  
Even Jesus became angry -  
**Mark 3:5, John 2:13-17,**  
**Matt. 21:12-13** – driving out  
the money changers. BUT  
Jesus always maintained His  
composure and did not sin!

Let us pay close attention to Scripture and Catechism. May God bless us with His Wisdom and His Work and the wherewithal to complete the mission he's given us. Amen.

### **Matthew 21:12-14**

Jesus entered the temple area and drove out all those engaged in selling and buying there. He overturned the tables of the money changers and the seats of those who were selling doves.

And he said to them, "It is written: 'My house shall be a house of prayer,' but you are making it a den of thieves." The blind and the lame approached him in the temple area, and he cured them.

### **Ephesians 4:25-27**

Therefore, putting away falsehood, speak the truth, each one to his neighbor, for we are members one of another. Be angry but do not sin; do not let the sun set on your anger, and do not leave room for the devil.

### **James 1:19-21**

Know this, my dear brothers: everyone should be quick to hear, slow to speak, slow to wrath, for the wrath of a man does not accomplish the righteousness of God.

Therefore, put away all filth and evil excess and humbly welcome the word that has been planted in you and is able to save your souls.

*Forgiveness does  
not change the  
past, but it does  
enlarge the  
future.*

The Word of the Lord

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**Dear Jesus, let me become a more Forgiving Man – toward others and my self—so that I may experience healing, peace, and renewal, and be a Blessing to others. Amen.**

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## Catechism

1931

Respect for the human person proceeds by way of respect for the principle that "everyone should look upon his neighbor (without any exception) as 'another self,' above all bearing in mind his life and the means necessary for living it with dignity."

No legislation could by itself do away with the fears, prejudices, and attitudes of pride and selfishness which obstruct the establishment of truly fraternal societies. Such behavior will cease only through the charity that finds in every man a "neighbor," a brother.



## Modern Comment

### When I Just Feel Angry

**Anger is, really, just another emotion.**

**Here's what you can learn from it.**

by Edie Melson Posted in Emotional and Mental Health, Oct 2, 2015

One thing I struggled with when our son was deployed was my anger. Some days I didn't need a specific reason, I just felt angry. Sometimes I got mad at specific things: I was angry our son had chosen to be a Marine, angry that he had to go to war and angry at God for the whole stinking mess.

Not some of my best moments.

I learned a lot about myself and about God through this struggle with anger:

1) **Go deeper and look at the root cause of feelings.**

So often I found I was angry because I was scared. Once I identified the foundation, I was able to begin to deal with my emotions more constructively.

2) **Take an honest look at expectations.**

Many of the things I had assumed about life, circumstances, even myself, turned out to be unreasonable. Evaluating what I assumed helped me adjust.

3) **Take your anger to God.**

Getting mad also carries the underlying emotions of embarrassment and shame. I was ashamed I wasn't coping better and my first reaction after lashing out was to run and hide. Neither of which was productive. Instead, I spent time in prayer and reading the Bible, asking God for His perspective on the situation. He was always there when I turned to Him.

4) **Look beyond yourself.**

Anger is generally a self-centered emotion. When I stopped focusing on myself and looked for ways to help those around me, my anger dissipated.

**5) Anger isn't a sin.**

It's what I do with that anger that can get me into trouble. Emotions simply are. They're not always fun, but they don't have to be destructive either.

So now when I just feel angry, I look back at what the lessons I learned during deployment to help me refocus and cope with what's going on around me.



**Questions to Focus on:**

#1 Can you think of a time in your life when your own anger has been out of place?

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#2 Has there been a time in your life when you were angry and did not act upon it? Did that anger become misplaced? (think hatred, vengeance, internalized bitterness, etc.)

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#3 When was your own anger appropriate and/or justified?

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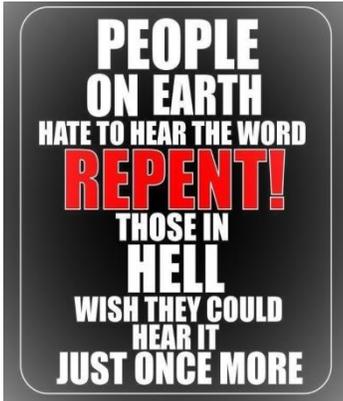
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A Man who never quits is Never Defeated.  
We are ordinary men who labor for Christ.

**Men's Group Calendar**

1/27/2018	Leadership Meeting	8 AM Sacred Heart Library
2/10/2013	Men's Group	7 AM Mass
2/17/2018	Leadership Meeting	8 AM Sacred Heart Library
2/24/2018	CMFNEO Conference	Holiday Inn Rockside
3/10/2013	Men's Group	7 AM Mass
3/24/2018	Leadership Meeting	8 AM Sacred Heart Library



## *Return to Christ – Go Home to Heaven*

Solid, Constant, Consistent, Christian Life is the Goal.

One must walk with this as a Goal.

Christ will call me home one day...when He decides.

Solid, Constant, Consistent, Christian Life is the Measure.

Amen.



### **ACTION PLAN**

This week I will do my best to be a Man of Jesus by:

Praying for His help in moments of distress when I usually get angry.

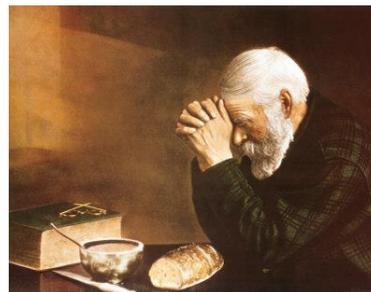
Try to recognize situations that normally make me angry, and place them at the feet of our Lord Jesus' feet.

Seeking God in prayer and being quiet in His presence

Asking God's forgiveness, so that I can forgive others

Paying more attention to Blessing those in my life as God intends

**Be mindful that you are on the crusade of the King of Kings.** "Unless you take up your cross and follow me, you have no part with me", said our Master. (St Matthew's Gospel: chapter 16; verse 24) Do not be afraid to confess the King who is like no other King.





**Lord, God and Savior, by your love you draw me to yourself. Forgive me – the sinner that I am, and fill me with every good thing. Come dwell in my heart.**

**Send forth your Holy Spirit to guide me in your path. Make me worthy of your love, and teach me how to forgive as you forgave.**

**Thank you for your tender mercies. I ask you to Bless my family, friends and those who I meet on this path. Give them your Joy, Peace and Mercy. Fill their every need with your Holy Grace.**

**You are indeed my Lord, God and Savior. Amen. And AMEN.**



Jesus wants us to make choices that reflect His presence in our hearts.  
Life constantly presents us with opportunities to choose to love & serve one another.

It is not about us.

It is about reaching out in love.

Go to the Author of Life often. Go to Communion.