



Week 3: Purposeful Anger and Taking a Breath

John 2: 13-22 Jesus' Anger

Anger might be a strange thing to NOT give up for Lent. Anger seems like it should be something that we would want to let go. But let me make a case for anger.

When Jesus came into the Temple, John says that he braided a whip (see John 2:15). One could almost imagine the rage that Jesus had as he prepared to cleanse the temple. His actions were calculated and came out of righteous anger.

Anger in itself is not sinful. It is what we do with the anger and where we direct our anger that makes it sinful.

Anger can be a good thing. Romans 12:9 tells us to abhor what is evil. It should anger us that people go hungry. The violence that we see in the streets of our cities and many places in this world ought to bring about anger. It should upset us that bullying is a problem in our schools. There is much that is not right in our world. And we should not be okay with that.

Be angry and fight! But fight for what is right. Fight for peace. Fight for justice. Fight for those who are marginalized. Fight for those who cannot fight for themselves. Stand up for those who have no voice. Help those who cannot help themselves.

By **Phil Ressler**

What happens when our anger is unhealthy; that uncharitable display of wrathful anger? What do we do to lead us away from wrathful anger and toward the peace and charity of Christ?

We just breathe!!!

We practice breath prayers. Breath prayers combine deep breathing exercises with prayers of meditation on God's Word to help calm your body and focus your mind on truth. The Breath Prayers attachment will help you to see how this not only helps wrathful anger but many other stresses in our lives.

