

# SEVEN SINS AND SEVEN VIRTUES — Anger and Gentleness

## Definitions and Perspectives

- ▶ ANGER — Strong feeling of displeasure focused on someone or something, often with the urge to harm or to punish.  
Seeds: irritation, resentment, competition, frustration, injustice, injury. May be justified or not, provoked or unprovoked, healthy or unhealthy.  
Fruit: wrath, rage, hostility, revenge, violence. Engagement escalation.
- ▶ GENTLENESS — Tender and amiable; of a considerate or kindly disposition.  
Non-reactive good will, expressing calm compassion. Not docile or passive.
- ☼ The life that God desires: Awareness and response *in* the Spirit — *James 1:18-20*

## What is the Harm in a Little Anger?

- ▶ PRIVATE HOSTILITY — The internal and interpersonal cost of sustained anger  
Never give an offender rent-free space in your head. How we *host* hostility.
- ▶ RESTORATION — Making peace where peace is possible (when it depends on you)  
The circle of confession, the power of absolution, and the will to do grace.
- ☼ Events in the unseen self: What we *what is* who we are — *Matthew 5:21-23*

## Optional Self-Discovery and Self-Mastery

- ▶ SELF-AWARENESS — Know when and why you are provoked.  
Enlightened objectivity about what is really happening inside and outside of us.
- ▶ SELF-CONTROL — The space between action and reaction that reveals one's soul.  
Feelings (subtle and potent) are divine gifts to our natures. They trigger awareness, deepen our participation in life, serve or hinder fulfillment.
- ☼ The right use of anger: Discernment, motivation, courage — *Ephesians 4:25-27*

## Incremental Progress in Sanctified Reaction

- ▶ BEING HUMAN — Let's not pretend. Let's not deny nor amputate our humanity.  
It is the person you truly are and the person you inescapably have been that needs transformation, not some air-brushed cosmetic never was "self."
- ▶ MANAGING THE TRUTH ABOUT YOU — Facing the seeds and fruit of your anger  
Spiritually speaking, your autobiography (even the chapters you have forgotten or mythologized) is the best curriculum for your growth in those virtues that will display your healing, freedom and usefulness.
- ☼ Inward and outward adornment: What is *in* you is *on* you — *Colossians 3:12-16*