

Week 4: Wrath – Seeing Red & Wanting Others Dead

*Definition – “[Wrath] is the love of justice perverted into the desire for revenge.”
- Henry Fairle*

Anger – Vicious or Virtuous?

Anger is not by definition wrong. God and Christ become quite angry in the Bible. Our anger is good anger when we get angry over an injustice or wrong done to us or another person. Getting angry that someone stole from us is fine. Anger is turned into wrath when we get angry over something we shouldn't be angry about or when we get more angry than we should over something little.

Challenges:

Introspection – Keep a list of things that makes you angry during the week, either people or situations. If you are being courageous, ask someone else what makes you angry. How long is this list?

Make a list of expectations – People not meeting our expectations is often a huge reason we get angry. But often we don't communicate expectations or our expectations don't make sense.

Take time to reevaluate.

Prayer

Monday – Admit to God all the things that made you annoyed or mad today. Tell God sorry for the ways that you forgot to see people as made in his image.

Tuesday – Admit to God all the things that made you annoyed or mad today. Ask God how you could have been more patient in each situation.

Wednesday – Pray for the people that annoyed you today. Ask God to forgive you.

Thursday – Ask God how you can show mercy better today and tomorrow.

Friday – Ask God for ways to love others more.