

Lesson No. (17)

CALMNESS & ANGER

References:

Notes for Servants:

Objectives:

General:

Specific:

Instructions:

Bible Verse:

"Let everyman be swift to hear, slow to speak, slow to wrath"

[Jam 1:19]

Lesson:

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Introduction:

We have talked last week about Thou shalt not kill@ which is one of the ten commandments. What can drive someone to kill somebody else? Can we give reasons for that? In many statistics anger was the leading cause behind many crimes.

How can each one of us describe himself? Do you think you are a calm person or a nervous person that gets angry easily? Did you try to solve some problems you have faced with calmness or with anger and how did it work with both?

ANGER

Where does anger emerge from? Source of anger can be envy, hatred, high level of self esteem that makes one very sensitive to criticism even if it was for our own benefit, love of worldly things that makes us angry not to get it....etc.

Why is anger a sin?

The Bible says: "Be ye angry and sin not: let not the sun go down upon your wrath."[Eph 4:26]

So, we can conclude that anger is a sin because it results in many sins. It can result in hatred, lack of forgiveness, revenge ideas and can even result in killing!!! A lot of murder crimes were committed because of anger and the inability to self control. So when the Bible tells us not to let the sun go down on our wrath this is for our own benefit as it prevents us from producing either destructive feelings that would ruin our lives.

There are two kinds of anger that we have to recognize:

A. Holy Anger:

1. The Bible especially the Old Testament speaks of God= anger in many passages. The anger of God is the response of His Holiness to outbreking sin. For example the flood: ***And God said unto Noah, The end of all flesh is come before me; for the earth is filled with violence through them; and, behold, I will destroy them with the earth@ Gen. 6:13*** However, in the New Testament the word anger appears rarely, and is replaced by the word wrath.

In the New Testament: "And they come to Jerusalem: and Jesus went into the temple, and began to cast out them that sold and bought in the temple, and overthrew the tables of the money-exchangers, and the seats of them that sold doves; and would not suffer that any man should carry any vessel through the temple, and he taught saying: `Is it not written, My house shall be called of all nations the house of prayer? but ye have made it a den of thieves.@ [Mar 11:15-17]

2. There is necessary and holy (spiritual or lawful), anger spiritual for the sake of God which we call **holy zeal**. ***For example when Moses:*** broke the 2 tablets of the law when he saw the golden calf that the people of Israel made and worshipped during his absence. ***In the New Testament St. Paul:*** "Now while Paul waited for them in Athens, his spirit was stirred in him when he saw the city wholly given to idolatry." [Acts 17:16]

B. Unlawful anger:

Vindictive personal feeling unnecessary, unlawful and wicked, unlawful for personal reasons. "*Whosoever is angry with his brother without a cause shall be in danger of the judgment" [Mat 5:22]* Reasons for this unlawful anger can be:

***Coveting or Envy:** for example: the older brother in the parable of the prodigal son. He refused to enter into the house to celebrate the arrival of his younger brother. [Luke 15]

***Competition:** When you compete with another person for something, and when that other person wins, how would you feel?.. angry?

***Hatred:** we some times hate those who tell us that we are wrong about something.

How to deal with Anger:

1. Slowing the Process of Anger or Avoiding Anger: remember that the bible says: *"Let everyman be swift to hear, slow to speak, slow to wrath"* [Jam 1:19] *"He that is low to wrath is of great understanding: but he that is hasty of spirit exalteth folly"* [Pro 14:29]. In almost all situations anger makes things worse, it makes someone unable to control his speech, thoughts and consequently, has no control on his behaviour. The end result of angry situations is complicating matters more.

2. Treating the angry people:

"Make no friendship with an angry man; and with a furious man thou shalt not go" [Pro 22:24] because you will lose your internal peace. Even if you are a calm peaceful person his anger will be reflected on you. There remains a question :how to deal with an angry person?

*Try not to argue with him in his furiousness and do not stand in front of his face, try to go away or hide (ex: Eiso and Jacob), but if you cannot, do the following:

*change the subject: if you find that a certain subject makes him mad, change it.

*remember that this angry person is a brother not an enemy.

*think about him, maybe you are wrong and you are irritating him, maybe your behaviour, manner, sayings, caused that anger.

*do not hold his bad behaviour or what he says during his anger against him. Remember the Saint's saying: "Fire does not extinguish fire, but water does. In the same manner, anger is not extinguished by anger but with love and patience."

*do not try to revenge for yourself.

*Pray for that person so that God would guide him and give him inner peace.

Some Advices for People who get Angry Easily:

Here is a little story of a monk that was keen to keep his silence and prayer time, but who occasionally gets mad and angry at other monks. He thought one time to go and live all by himself so that he would not get angry at any person. In his cell (allayah), he had a jar of water (ollah). This jar fell several times, and he failed to prevent that. Finally, he got very mad and broke the jar. By doing that, he felt that the devils were very pleased. When he cooled off, he came back to his senses and thought: `Here am I living all by myself and still getting angry. I will go back to the monastery. In every place, one needs patience, strife, and God's help'.

1. train yourself to be patient, meek, calm, and to love others.
2. study the reasons of your anger and work on it.
3. if the reason of your anger is tiredness, physical fatigue, or stress, so try not to be involved in any kind of confrontation or argument while you are in these conditions.
4. do not set high standards for people who, in fact, do not meet your expectations. Even worse to start to ask them to pay an account for their assumed standards.
5. if people=s mistakes arouse your anger, do not make yourself their judge or their guardian, but train yourself to mind your own business.
6. if you get angry, do not let your anger last for a long time, try to calm yourself quickly. *"Let not the sun go down upon your wrath"* [Eph 4:26]
7. list your mistakes committed while you are angry and train yourself to avoid them.
8. confess to God every time you pray that you are an angry person and ask him to

cure you from that disease and give you the virtue, or gift of meekness.

CALMNESS

Peace is the original state of this universe. Since the beginning of time, God alone has been in perfect peace. God created the world and the world lived in peace. So when did the world ever begin to lose its peace? The loss of peace happened after God formed creatures that has a free will. When Adam was living in God's fear even the beasts lived with him in peace. Sin is the thing that disturbed the peace of the universe. When Adam fell his life became disturbed and lost his peace for ever.

By acquiring the calmness we can train ourselves to control our anger. Kinds of calmness:

*Inner calmness: which is made up of tranquillity of the mind, serenity of the heart and calmness of the thoughts.

*Calmness of the Body: which consists of the stillness of the senses and calmness of the movement.

*Calmness of the Nerves: which consists of the serenity of the features and the spirit of cheerfulness.

*Calmness of Speech/Tongue: which also includes calmness of the voice.

*Calmness of Behaviour: which consists of a serenity in practical matters of life and in private behaviour, and a calm approach to solve any problem which the individual might meet.

However, a person may appear calm because the external conditions which surround him are calm. No provocation has yet put his calmness to the test. It is only when one person clashes with another over a matter of opinion or behaviour, or when insult or injury befalls that according to how he behaves, he can know if he is truly a calm person or not. A truly calm person handles difficult situations as the Bible says: *A gentle answer turns away wrath*. [Prov 15:4]. And as Saint Dorotheus said: The humble person does not anger anyone, nor is he angered by anyone. This way he doesn't lose his inner peace and calmness.

Elements that can make us lose our calmness:

*Sin: if there is a certain sin that we keep falling into and causes us to feel disturbed

*External factors: e.g. loud music, violent sports, horror movies,.....etc.

*Fear and anger

*News and media

*Personal problems

*Selfishness: that makes us concentrate only on what we want regardless of others, feeling that we should be the centre of attraction.

How can we obtain Calmness?

Calmness and peace that made Saint Peter sleeping so deeply in prison. And made Martyrs face death peacefully and joyfully. How can we obtain it?

1. Love of calmness
2. Love of nature
3. Faith and tranquillity of the heart
4. Don't be easily provoked
5. Live with peaceful people/friends
6. Joy and cheerfulness
7. Humility and gentleness
8. Training in calmness:

Learn to behave quietly: in opening the door, speaking, discussing. BE GENTLE!

Surround yourself by peaceful people, friends.

Avoid drugs, stimulants, relax when you can afford the time.

Don't obey rushed, not well thought of ideas.

Learn to think peacefully, seek advise when you need.

Have some time during the week to sit quietly with God.

Conclusion:

Always be a gentle breath not a storm that everybody wants to avoid. A loud voice and a hot tempered person might be feared but never loved by anyone. Love calmness and control your anger this is a Biblical command that can guarantee to us a peaceful successful and happy life