

March 7th, 2013

Dear Brothers & Sisters in Christ,

This morning's Bishop's Note continues our series during the Season of Lent on the Seven Deadly Sins.. We've covered Pride, Envy and Covetousness so far and today we look at the sin of WRATH or Anger...

St. Paul lists ANGER as one of the works of the flesh: "*Now the works of the flesh are plain: fornication, impurity, licentiousness, idolatry, sorcery, enmity, strife, jealousy, anger, selfishness, dissension, factions, envy, drunkenness, carousing, and the like. I warn you, as I warned you before, that those who do such things shall not inherit the Kingdom of God.*" (Galatians 5:19-21) However that does not mean that Anger is always a sin the way that the other works of the flesh are.

St. Paul also tells us in his letter to the Church in Ephesus - "*Be angry and do not sin; do not let the sun go down on your anger*" (Ephesians 4:26 - 27)

I think the very fact that Anger can be both a sin and a virtue means that it can be especially dangerous in our spiritual lives and should be handled with great care and great honesty.

St. Augustine's Prayer Book defines the sin of anger in this way... "ANGER is open rebellion against God or our fellow creatures. Its purpose and desire is to eliminate any obstacle to our self-seeking, to retaliate against any threat to our security, to avenge insult or injury to our person."

The key here is that Anger can be sinful when used as a passion expressed for the individual as opposed to being used in support of another individual. That is not a hard and fast rule but a pretty good rule of thumb. If we were to take the time to ask... "Is my anger in support and defense of someone who is being harmed or wronged or is my anger in defense of my own sense of being harmed or wronged?"

Rather than focus on righteous anger for this article I would like to focus on the sinful anger or wrath. Sinful anger is a sinful decision to lash out at another in retaliation. It can be a physical lashing out with the intention of harming another person - generally the person we have deemed to be the source of our frustration. The sin of physical violence is endemic in our culture as seen in the wide spread media accounts - rising murder rates and acts of violence. However, from



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the media we can get the wrong opinion that violence of this type is random. Did you know that the majority of violent acts are perpetrated against family members and friends... you are much more likely to be murdered or attacked by a member of your family...which makes it doubly disturbing...the people we tend to trust the most hurt us the most or WE hurt them most.

Those violent acts come from a place of sinful anger! But sinful anger also causes us to lash out verbally. Again the people we love the most tend to be the people we hurt the most. We know how to slice and dice our loved ones with our words cutting to the heart and soul of a family member or friend. One of the things I want to ask God when I meet him in heaven is just that... Why is it that the people we love the most are the people we hurt the most? Of course the answer is... because we are sinful people. The question is will we allow that sinful nature to reign in us?... if you do allow that sinful nature to reign in you I would encourage you... encourage me... to go back to the scriptures and ask the Lord to create in us a new heart (Psalm 92) and to make us a new creation in Christ (2 Corinthians 5) as we die to sin and live in Christ (Romans 6).

How is it that we die to sin and live in Christ? By going back to Jesus day in and day out... asking Him to forgive us our sins and to create in us a new heart... by reading and meditating on God's word daily... by spending time in fellowship with fellow believers being disciplined and discipling others.

God bless you!

Bishop Menees

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[February 2013 Edition of The San Joaquin Anglican](#)

Check this edition of the San Joaquin Anglican  
for current news of the Diocese!

**Diocesan Calendar**

Check the Diocesan Calendar for information on upcoming events!

**March 9th** - Deacon's Day @9 a.m.

**March 16th** - Diocesan Council @ 10 a.m.  
Anglican 4th Day @ St. Michael's in Ridgecrest

**March 17th** - Bishop @ Christ Church in Cambria

**March 21st** - Mass of Chrism @ 10 a.m.

**March 24th** - Bishop @ Nuestra Senora de Guadalupe

**March 31st** - Bishop @ St. James Cathedral

**April 29th - May 1st** - Clergy Retreat

**August 2-4th** - Anglican Church Women's Annual Retreat  
at Camp San Joaquin

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