



St. Mary & St. Joseph Coptic Orthodox Church

11308 Yonge St, Richmond Hill, ON L4S 1K9

"Be angry, and do not sin" (Eph. 4:26)

THE ROCK

THE LORD IS MY ROCK.

- PSALM 18:2

**BE ANGRY,
AND DO
NOT SIN.**

- EPH. 4:26



REFLECTION ON (EPHESIANS 4:26):

“Be angry, and do not sin”: do not let the sun go down on your wrath.

By E.S.

Most of us at one point in our lives have allowed anger to motivate our actions and take control over the things we say. Unfortunately, our words and actions that arise from anger may have been directed to the people whom we love dearly in the world and may have hurt others. It is important to remember that anger itself is not a sin, it is the actions that follow from anger that the Apostle Paul was trying to convey through this verse. With the Holy Spirit dwelling within us, we recognize the injustices and destructive events of the world which make us angry and push us towards justice. However, we have to be careful to not let this anger quickly turn into sin and try to seek revenge or wish to harm another person. So how do we keep from sinning when we are angry? St. Paul teaches us a very important principle to live by. He teaches us to not let the sun go down on our wrath, in other words, we should try to get rid of our anger as soon as possible. We should be reconciled to the person with whom we are angry by trying to understand the perspective of the other person and offer/ask for forgiveness. Another way is to be the solution to the events of the world that make us angry. When looking at the injustices being done, rather than dwelling in anger, decide to take action to the problem you have observed. Anger may arise within us, but we must pray and ask God to guide our paths and fill us with the fruits of the Holy Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

DO NOT LET THE SUN
go down on your wrath



VS



By B.K.

Anger can be a sin if in the right circumstances. However, anger is not always sinful. For example, if a man robs your home and you desire vengeance, to harm him, then it is a sin. However, if you are angry with what happened and angry with the sin itself, then that is not sinful anger. In the Holy Bible, Mark 3:5, it states: **"And when [Jesus] had looked around at them with anger, being grieved by the hardness of their hearts, He said to the man, "Stretch out your hand." And he stretched it out, and his hand was restored as whole as the other".** This is not sinful anger because Jesus truly loves them, but He was "grieved by the hardness of their hearts". Jesus wants what is best for all of us, and not that we should perish. This can be different from what we feel sometimes. Sometimes when we are angry we desire to hurt the other person and take revenge from them. Moreover, Jesus stated that whoever **"is angry with his brother without a cause shall be in danger of the judgment"** (Matthew 5:22). To conclude, righteous anger is not sinful and it means to be angry at a sin being committed, not at the people who are committing them, to hurt or take revenge from them. Anger can be sinful, though.

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