

A photograph of a desert landscape featuring large sand dunes. The foreground is covered in sand with distinct, wavy ripples. A series of footprints leads from the bottom left towards the center of the image, winding up a small dune. The background shows more dunes under a dramatic sky with orange, yellow, and blue hues, suggesting a sunset or sunrise.

Seven

WELL-WORN PATHS

Romans 12.9-21

⁹ Love must be sincere. Hate what is evil; cling to what is good. ¹⁰ Be devoted to one another in love. Honor one another above yourselves.

Romans 12.9-21

¹¹ Never be lacking in zeal, but keep your spiritual fervor, serving the Lord.

Romans 12.9-21

¹² Be joyful in hope, patient in affliction, faithful in prayer. ¹³ Share with the Lord's people who are in need. Practice hospitality.

Romans 12.9-21

¹⁴ Bless those who persecute you; bless and do not curse. ¹⁵ Rejoice with those who rejoice; mourn with those who mourn.

Romans 12.9-21

¹⁶ Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.

Romans 12.9-21

¹⁷ Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. ¹⁸ If it is possible, as far as it depends on you, live at peace with everyone.

Romans 12.9-21

¹⁹ Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.

Romans 12.9-21

²⁰ On the contrary:

“If your enemy is hungry, feed him;

if he is thirsty, give him something to drink.

In doing this, you will heap burning coals on his head.”

Romans 12.9-21

²¹ Do not be overcome by evil, but overcome evil with good.

Sx: What are the symptoms?

- Irritability
- Depression
- Unresolved loss
- Entitlement
- Focusing on things out of personal control
- External locus of control
 - (believing well-being is controlled by sources outside of oneself)
- Refusal to see other perspectives

Sx: What are the symptoms?



Sx: What are the symptoms?

Dx

- Anger/Wrath

Dx

- Anger/Wrath
 - *Orge* - natural impulse, passion
 - *Ire* – anger, wrath

Dx

- Anger/Wrath
 - Is anger a sin?
 - Should Christians ever be angry?
 - 2 camps (Aquinas, Cassian)

Dx

- emotion

Dx

- emotion
- emotion rightly regulated by reason, the will to justice and correction.

Dx

- emotion
- emotion rightly regulated by reason, the will to justice and correction.
- emotion overstepping the bounds of right reason
 - the capital sin of anger.

“Feelings are, with a few exceptions, good servants, . . . but they are disastrous masters.”

Dallas Willard, *Renovation of the Heart*

Dx

- emotion
- emotion rightly regulated by reason, the will to justice and correction.
- emotion overstepping the bounds of right reason
- anger turns to hatred of God or neighbor.

Dx

- Wrath
 - Wrath is not interested in nor oriented to restoration. Instead, it seeks revenge, punishment, and dominance.

Dx

- The emotion of Anger becomes the sin of Wrath when it is

Dx

- The emotion of Anger becomes the sin of Wrath when it is
 - At the wrong thing
 - For the wrong reason
 - Out of proportion

Dx

- The emotion of Anger becomes the sin of Wrath when it is
 - At the wrong thing
 - For the wrong reason
 - Out of proportion
- Dante: wrath a “love of justice perverted to revenge and spite.”

Rx and Tx

- Pray and Repent

Rx and Tx

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- Slow down (be reasonable)
 - Think about your beliefs

Rx and Tx

- Pray and Repent
- Slow down
- Compassionate reappraisal

Rx and Tx

- Pray and Repent
- Slow down
- Compassionate reappraisal
 - Forgiveness

Rx and Tx

- Patience

Rx and Tx

- Patience – the willingness to delay the satisfaction of our needs

Rx and Tx

- Patience
- Gentleness (patience + humility)

Rx and Tx

- Patience
- Gentleness
- Hope - shares anger's desire for what is right

Rx and Tx

- Patience
- Gentleness
- Hope - shares anger's desire for what is right
But adds to it gentleness.

Rx and Tx

- Patience
- Gentleness
- Hope - shares anger's desire for what is right
But adds to it gentles.
Hope is made easier by gratitude –
rehearsing God's past faithfulness.

Rx and Tx

What might it look like to practice hope this week?

Rx and Tx

- Anger notebook

Romans 12.9-21

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A photograph of a desert landscape featuring large sand dunes. The foreground is covered in sand with distinct, wavy ripples. A series of footprints leads from the bottom left towards the middle ground, following the curve of a dune. The sky is filled with clouds, illuminated by the warm, golden light of a sunset or sunrise. The overall scene conveys a sense of journey and exploration.

Seven

WELL-WORN PATHS