

Super Food: Wisdom in the Age of Rage

By Kevin Kusunoki, September 25, 2022

Do not make friends with a hot-tempered person, do not associate with one easily angered, or you may learn their ways and get yourself ensnared. Proverbs 22:24-25 (NIV)

Anger cycle:

Anger → Moral Outrage → Fester → Revenge

“Revenge Impulse” cycle: recrimination, ruminaton, ever-expanding fury.

Solution:

Break the pattern.

New Anger cycle:

Anger → Moral Outrage → Let go

Challenge #1: Take a day off from the news

Challenge #2: Be proactive about forgiveness

REFLECTION QUESTIONS

1. Is there any anger festering in your life? What steps can you take to “sabbath” from your anger?
2. Why is it hard for you to believe that God will bring justice? What areas of life causing you anger do you need to release control of?