



THE GREAT RESET

From Vice to Virtue

Mine eyes have seen the glory of the
coming of the Lord;
He is trampling out the vintage where the
grapes of wrath are stored;
He hath loosed the fateful lightning of His
terrible swift sword:
His truth is marching on...

Wrath

Wrath

The same as anger?

Wrath

The same as anger?
Is it just a matter of degree?

Wrath

The same as anger?
Is it just a matter of degree?
Or is it a different thing altogether?

The Struggle

1. Rid yourselves of all anger
2. In your anger don't sin



THE GREAT RESET

From Vice to Virtue

Wrath gets angry too easily

Wrath gets angry too easily

Wrath gets angrier than it should

Wrath gets angry too easily

Wrath gets angrier than it should

Wrath directs itself against an innocent person or targets the wrong thing

Wrath gets angry too easily

Wrath gets angrier than it should

Wrath directs itself against an innocent person or targets the wrong thing

Wrath desires someone to suffer more than they should

Wrath gets angry too easily

Wrath gets angrier than it should

Wrath directs itself against an innocent person or targets the wrong thing

Wrath desires someone to suffer more than they should

Wrath holds onto anger too long



THE GREAT RESET

From Vice to Virtue

THE GREAT RESET



From Vice to Virtue



THE GREAT RESET

From Vice to Virtue

THE GREAT RESET

1. Write down the object of your anger (i.e., what are you angry about?). “I was angry because ...”

- I was cut off in traffic
- I was not listened to by my spouse
- My friend won’t wear a mask
- Etc.

2. Rate the intensity of your anger on a scale of 1 to 5

- 1 if you are mildly irritated (it bugs me)
- 5 if you are irate (Burn the castle down; Nuke 'em till they glow and shoot 'em in the dark – you get the picture)
- and if you feel compelled to write a paragraph about what made you angry, give yourself an automatic 5.

3. A few weeks later, with a cooler head and some time and distance from the events that provoked you, review your journaled responses.
 - How many episodes of anger would we label as “righteous,” “justified,” “proportionate,” and “good”?
 - Were we angry too often? Or often too angry? Or angry at the wrong thing? Wanting someone to suffer excruciatingly? What patterns emerged?

“Frequently, reactions that seemed perfectly justified and rational at the time ended up looking petty and self-serving in retrospect, and the situations that had occasioned our anger seemed, in hindsight, more trivial than genuinely offensive. Our records were also useful in helping us better see what sorts of things tended to set us off (our “anger triggers”).”

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.

Sow righteousness for yourselves, reap the fruit of unfailing love, and break up your unplowed/uncultivated/fallow ground; for it is time to seek the Lord, until he comes.

Hosea 10: 12

THE GREAT RESET



From Vice to Virtue



THE GREAT RESET

From Vice to Virtue

Applications

- Read chapter 6 of *Glittering Vices*
- This week's Lenten challenge: do some ploughing, journal your anger.
- Contribute to the Kudoboard: comments from the book or this week's challenge.



THE GREAT RESET

From Vice to Virtue