



Session 4

Wrath: And His Six Daughters

(John Sablan)

Some Anger is Good and Necessary

“

If there be no anger, teaching is bootless, the judicial process undermined, and crimes unchecked.

- St. John Chrysostom

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Understanding Proper Anger

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Anger... [is] a simple movement of the will, whereby one inflicts punishment, not through passion, but in virtue of a judgment of the reason: and thus without doubt lack of anger is a sin...

Hence the movement of anger in the sensitive appetite cannot be lacking altogether, unless the movement of the will be altogether lacking or weak. Consequently lack of the passion of anger is also a vice, even as the lack of movement in the will directed to punishment by the judgment of reason...

The lack of anger is a sign that the judgment of reason is lacking.

- St. Thomas Aquinas

”

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The Daughters of the Vice of Wrath

1

Indignation

4

Contumely

2

Swelling of the Mind

5

Blasphemy

3

Clamor

6

Quarreling

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Anger's Relationship with Pleasure

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Anger is always accompanied by hope, wherefore it causes pleasure.

The movement of anger has a... tendency... to vengeance... which it desires and hopes for as being a good, wherefore it takes pleasure in it.

- St. Thomas Aquinas

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Anger without Sin

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If you are angry, let it be without sin. The sun must not go down on your wrath; do not give the devil a chance to work on you.

- Ephesians 4:26

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Meekness Moderates Anger

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“Anger, which is mitigated by meekness, is, on account of its impetuousness, a very great obstacle to man’s free judgment of truth: wherefore meekness above all makes a man self-possessed.”

Clemency, he observes, “...inasmuch as it mitigates punishment, it would seem to approach... charity, the greatest of the virtues, since thereby we do good towards our neighbor, and hinder his evil.”

- St. Thomas Aquinas

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Last Words

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I am the king’s loyal servant, but God’s first.

- St. Thomas More

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Session 4

- What role has anger played in my life and relationships?
- What can I do concretely to exercise more meekness and moderate my struggle with anger?
- How will I dive deeper into this reflection once we end this session?