

Peace for the Journey ... May 27, 2010

Scripture Reading: [Ephesians 4:17-32](#)

"The Lord is gracious and merciful, slow to anger and abounding in steadfast love." Psalm 145:8

There's a lot of anger in the world these days. You don't have to look very far or listen for very long to find someone who is angry. From talk-radio to internet comment pages, outlets for anger are everywhere. It is easy to be angry and many of us like to be angry.

There is a lot of anger in the Bible too: it seems we come by it naturally. In the Old and New Testaments we read about God's anger and we discover that righteous anger is appropriate under the right circumstances. But overall, and especially in the New Testament, we are told that anger belongs to the world and to our lives before Christ. Because, in Christ, our anger is transformed into righteousness and holiness.

In the letter to the Ephesians, there are two lists of human characteristics: the old life (before Christ) and the new life (in Christ). We are told to, "Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you." God's grace makes it possible for us to move from old to new.

Today, notice whether your words and actions fit into the category of the old life in the world or the new life in Christ. Ask God to transform your life, turning anger, bitterness, and wrath into grace, love, and forgiveness. Pay attention to the ways God answers your prayer and look for opportunities to practice the new life in Christ.

Dear God: Thank you for the gift of new life in Christ. I surrender the anger, bitterness, and malice in my life to you, trusting that you will transform my life so that I will be able to love and forgive as Christ has forgiven me. Amen.