

## Anger Management!

### Description

[RG220710](#)

“Don’t get me angry. You wouldn’t like me when I’m angry.” Do you remember this famous line from “The Incredible Hulk”? Mild-mannered scientist Bruce Banner would turn into a green monster, blind with rage whenever he was angry.

In our Hulk-like anger, we do exactly the opposite of what God desires. The truth is that many of us, like Bruce Banner, don’t know how to deal with anger. Regrettably, we end up destroying everything in our paths!

The gospel calls us to a different way. It’s not that we can’t get angry. We, the disciples of Jesus, humbly follow a radical call toward justice and reconciliation. This can alone be done by those who have learned from Him who is “gentle and humble in heart.” Only in learning from Jesus can we channel our anger in healthy ways and the “Hulk” in each of us can “find rest for his or her soul”.

### Date Created

2010/07/22

The Foundry Publishing