

AA65. Not Holding Onto or Prolonging Anger.

We are not to hold onto or prolong emotions of anger.

AA65a: *We are not to hold onto emotions of anger.*

AA65b: *We are not to prolong emotions of anger.*

This precept is derived from His Word (blessed is He):

Key New Testament Scriptures

Matthew 5:22

But I tell you that anyone who nurses anger against his brother will be subject to judgment; that whoever calls his brother, 'You good-for-nothing!' will be brought before the Sanhedrin; that whoever says, 'Fool!' incurs the penalty of burning in the fire of Gei-Hinnom!

Ephesians 4:26-27

Be angry, but don't sin- don't let the sun go down before you have dealt with the cause of your anger; otherwise you leave room for the Adversary.

Additional New Testament Scriptures

Ephesians 4:31

Colossians 3:8

Related New Testament Mitzvot

AA66 Not Permitting Anger to Cause Us to Sin

GB44 Exercising Self Control (Discipline)

Supportive Tanakh Scriptures

Psalms 4:4(3)-5(4)

You can be angry, but do not sin! Think about this as you lie in bed, and calm down.

Proverbs 19:11(10)

People with good sense are slow to anger, and it is their glory to overlook an offense

Comment

Whereas there are times when reacting in anger to a situation is appropriate, holding onto or prolonging anger can leave room for the Adversary (Satan) to cause us to behave inappropriately or wrongly.

Related Mitzvot in Volumes 1 & 2

N16 Nursing Anger Toward Our Neighbor