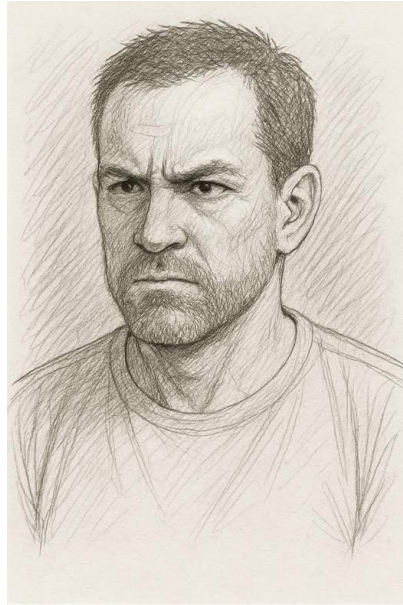


"When Anger Feels Overwhelming"



I am really, really angry. I know that mature Christians are supposed to be able to release their angry feelings and reach a place of peace in the midst of suffering. But when so many ordinary people are being hurt—or will be soon— by conniving, self-serving, destructive actions by those in power, day after day after day, sometimes, I don't know if I can handle it all.

Have you ever felt that way?

I know that there are many people who are furious right now for so many good reasons, but unlike most articles I've been reading online lately, the point of this post is not to talk about what's upsetting me in detail. (If you live in America, Myanmar, Eastern Congo, Ukraine, or one of any number of other troubled places around the world, you can easily guess.) No, my purpose is not to air my grievances, but to talk about how we, people of faith, can better handle our distress and overwhelming feelings in such terrible times as these.

In my upcoming posts, I'm going to discuss how I am seeking equilibrium and trying to stay positive amid so much evil and outrageous, hurtful behavior. For today, I am simply sharing with you a blessing written by former pastor Brian McLaren. In it, he reminds us of the priority of love, not only as God's will for us as we struggle with our anger, but also as the one sure pathway to coping with our distress and not be defeated by it. I hope it touches and inspires you as much as it did me this morning. (I suggest you read it at least two or three times.) Remember, for those of you who genuinely care about what is good, right, and true, and you are deeply distressed over the state of affairs in your country and the world, you're not alone. We have each other, and we have God.

With the love of Jesus Christ,
Dr. Tim

A Blessing for Our Anger

May you be blessed to see in your anger, not just a danger, but an opportunity. May you be blessed to see in your anger a window into what you love. May you be blessed to see in your anger a pathway into sadness. And may your sadness sweeten your anger until it is transformed into the energy of love.

May you come to see indifference, complacency, apathy, and self-centeredness within you as signs—not of your lack of anger, but of your lack of love.

May you welcome anger as a source of information about what you love, about what needs protection and repair, and about the courage and strength needed to make this world a more joyful and peaceful place.

May your anger lead you to sadness, and may your sadness lead you to love, so that you meet the tears of things with a heart of bottomless compassion.

May you be angry about what deserves anger, and may you experience such a transformation of your own anger that you become an agent of loving transformation in our world.

May the deep wisdom of God guide you deep into your anger so that you may join with Jesus in weeping for the world, and so that you groan with the creative Spirit in the loving labor pains of a better tomorrow.

Reference:

Adapted from Brian McLaren with Richard Rohr and Valarie Kaur, “What Do I Do with My Anger?” virtual event, Center for Action and Contemplation, March 14, 2025.