



Excerpt from *Christ Our Pascha*

Anger and its Opposite Virtue - Long-Suffering

Anger as a passion is not merely a feeling of malice, it is the state of a person who aggressively defends his or her existence without hope in God and to the detriment of one's neighbor. The Holy Fathers differentiate between three types of anger: 1) *anger that burns within* - this is a state of the soul in which a person loses internal tranquility and is overcome by feelings of malice, offense and irritation; 2) *anger manifested in word and deed*, in speech that is coarse and devoid of gentleness and love. The most common manifestations of this anger are flashes of rage, the intentional humiliation of one's neighbor, getting offense to another and calumny. St. John Chrysostom teaches: "when you inflict insults, then you are defeated, not by another person, but by what is far more disgraceful, but by the slavish passion of anger. However, if you remain silent, then you will conquer;" and 3) *anger that seethes for a long time or resentment* - this sort of anger is particularly ruinous for a person, since he or she consciously refuses to forgive an insult or wrong, and burns with a yearning for revenge. (#768)

The virtue of long-suffering, which we also call patience or quite gentleness, is characterized by confidence in the protection of God this allows one to resist human anger. ... Saint John Chrysostom teaches: "For if we show patience, we shall be invincible... nobody will have power to hurt us."(#770)