

Not to Give Way to Anger

by St. Benedict of Nursia

St. Benedict of Nursia teaches us to cultivate self-control, truthfulness, and love in our lives, and to put our hope in God.

Scripture: Proverbs 16:18, Proverbs 20:1, Matthew 5:44, Romans 12:17, Ephesians 4:26, 1 Peter 3:9

Topics: "Christian Virtues", "Spiritual Discipline"

Description

St. Benedict of Nursia preaches a sermon on living a virtuous and God-centered life, emphasizing the importance of controlling one's emotions, thoughts, and actions. He highlights the need to avoid anger, grudges, deceit, false peace, and retaliation, while promoting love, truthfulness, patience, and humility. St. Benedict encourages his listeners to love their enemies, bless those who curse them, endure persecution for righteousness, and put their hope in God. He also warns against pride, addiction, gluttony, laziness, grumbling, and gossip, urging self-reflection and accountability for one's actions.

Transcript

22. Not to give way to anger. 23. Not to nurse a grudge. 24. Not to entertain deceit in one's heart. 25. Not to give a false peace. 26. Not to forsake charity. 27. Not to swear, for fear of perjuring oneself. 28. To utter truth from heart and mouth. 29. Not to return evil for evil. 30. To do no wrong to anyone, and to bear patiently wrongs done to oneself. 31. To love one's enemies. 32. Not to curse those who curse us, but rather to bless them. 33. To bear persecution for justice's sake. 34. Not to be proud. 35. Not addicted to wine. 36. Not a great eater. 37. Not drowsy. 38. Not lazy. 39. Not a grumbler. 40. Not a detractor. 41. To put one's hope in God. 42.

To attribute to God, and not to self, whatever good one sees in oneself. 43.

But to recognize always that the evil is one's own doing, and to impute it to oneself.

Source: <https://sermonindex.net/speakers/st-benedict-of-nursia/not-to-give-way-to-anger/>

Grow in Your Walk with Christ

Listen and read messages that will stir your heart for Christ and point you to deeper repentance and devotion.

- 50,000+ Sermons from speakers past and present
- 3,900+ Classic Christian Books freely readable online
- 1,200+ Bible Translations and Commentaries
- Over 450k forum posts — Join our vibrant online Christian forum

www.sermonindex.net