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## Curing the Soul's Diseases: Avoiding Anger and Pursuing Prayer during Lent

*A Commentary by Jason Curry*



The Reverend Dr. Jason Richard Curry is Dean of the Fisk Memorial Chapel at Fisk University. He can be reached at [jcurry@fisk.edu](mailto:jcurry@fisk.edu) or [www.fiskmemorialchapel.com](http://www.fiskmemorialchapel.com).

The world will truly miss Mr. Charles Shultz (1922-2000). For more than four decades, he brought joy and laughter into the hearts and homes of countless families throughout the nation. One of my favorite characters from his cartoon series titled "Peanuts" was Pig-Pen. A big cloud of dust surrounded and followed Pig-Pen just about everywhere he went. His friends, including Charlie Brown, accepted him; however, they often tried to avoid the huge cloud of dust which followed their friend. I continue to be amazed by the fact that art often imitates reality. The lives and lifestyles of some of our friends, colleagues or family members often resemble that of the character Pigpen for they have a "cloud of dust" (e.g., pride, frustration, greed or deception) which surrounds and follows them as well. Recently, I encountered a friend who seemed to be angry with the entire world. His anger reminded me of Pig-Pen's cloud, and, unfortunately, it affected both his mind and body. After leaving his presence, I

thanked God for the revelation that it is possible to be a good friend, without allowing the stifling, paralyzing and confining cloud of anger ruin my life. I've come to the realization that there are some problems which affect some of my colleagues and friends which are beyond my ability to control; however, there is nothing is impossible for God to do (Matthew 19:26). There is a passage of scripture which reads:

"Remember this and never forget how you provoked the LORD your God to anger in the desert. From the day you left Egypt until you arrived here, you have been rebellious against the LORD (Deuteronomy 9:7)." After reading that passage, I said to myself: "If a person can provoke God to anger, then he or she certainly would not have a problem making me angry! In short, I may not have the power to control my friends' anger, but, through the power of God, I can keep their anger from destroying my life. During this season of Lent, let us continue to pray for ourselves as well

as those that are affected by the soul's diseases (e.g., the thoughts which defile a person that are found in Matthew 15:19). The hymn titled "There's not a Friend like the Lowly Jesus" tells us that "none else can heal our souls diseases, no not one, no not one." Many Christians (e.g., Protestants) believe that anger is not a sin; however, let us try to avoid being angry with ourselves as well as others who may be around us. Let's us also avoid being consumed by the "cloud of anger" that has engulfed many people around us. Through prayer, God will see us through.