

## The Christian Purpose for Anger

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Anger is not a bad thing in itself. All human capacities are not inherently evil, but have become corrupted and disordered by sin. What then did God give us anger for? Anger is by nature designed for waging war with the demons and for struggling with every kind of sinful pleasure. Therefore angels, arousing spiritual pleasure in us and giving us to taste its blessedness, incline us to direct our anger against the demons. But the demons, enticing us towards worldly lusts, make us use anger to fight with men, which is against nature, so that the mind, thus stupefied and darkened, should become a traitor to virtues. -Abba Evagrius the Monk  
[\(περισσότερα...\)](#)