

Unit 1: 7 Deadly Sins

Lesson 1.4 Anger (Wrath)

Teacher Preparation and Materials Needed:

For the Lesson: Orthodox Study Bible or Holy Bible: Armenian Church Edition

Recommended Orthodox Study Bible [HERE](#).

Recommended Holy Bible: Armenian Church Edition [HERE](#).

Scripture Reference: Genesis 4:1-16; Numbers 20; Luke 15; Proverbs 15:1; James 1:19-20; Ephesians 4:26-27; Ecclesiastes 7:9

Activities:

Implement based on available time. Detailed instructions and materials lists are provided in the lesson.

Activity #1: “Fire or Light?” Discussion Game

Activity #2: My Anger Triggers

Words of the week:

բարկութիւն - par-goo-tyoon - anger

ցասում - tsa-soom - wrath

կրակ - guh-rag - fire

Objective:

Students will understand that anger, when uncontrolled, becomes a deadly sin called wrath that damages relationships, darkens the soul, and separates us from God’s peace. They will learn to recognize when anger becomes sinful and how to respond with patience, self-control, and forgiveness.

Moral Character Focus:

Knowledge: Recognize how anger can be righteous or sinful and learn biblical examples of wrath’s consequences.

Understanding: Understand the difference between feeling angry and being ruled by anger (wrath), and how wrath distorts love and peace.

Application: Identify moments when their own anger becomes sinful and practice techniques to calm down, pray, and respond peacefully.

Values: Develop a desire to become peacemakers, slow to anger, and quick to forgive as Christ teaches.

Memory Verse:

“Whoever is slow to anger is better than the mighty,
and he who rules his spirit than he who takes a city.”

- Proverbs 16:32

Lesson

Lesson Opening & Creating Interest:

**Wisdom Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

Open with prayer:

Իմաստութիւն Յօր՝ Յիսուս, տու՛ր ինձ իմաստութիւն, զբարիս խորհել եւ խօսել եւ գործել առաջի Քո՛ յամենայն ժամ. ի չար խորհրդոց եւ ի բանից եւ ի գործոց փրկեա՛ զիս. եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

Eemasdootyoon Hor Heesoos, door eents eemasdootyoon uzparees khorel yev khosel yev kordz arachi ko hamenayn jham. Ee char khorhrtos yev paneets yen kordzots prgya zees yev voghormya ko araradzots eents pazmameghees. Amen.

Wisdom of the Father, O Jesus, grant to me the wisdom to think, speak, and do that which is good in Your sight. Save me from all evil and distracting thoughts, words, and deeds. Have mercy upon your creatures and upon me, a great sinner. Amen.

Lesson Body: Anger (Wrath)

Last week we learned about envy, the sin that poisons our hearts with resentment when others are blessed. Today we are turning to another deadly weed in the garden of the soul: anger, also known as wrath.

Imagine your heart as a peaceful room filled with God’s light. Then someone says something rude, unfair or hurtful and suddenly it feels like fire is rising inside you. That fire might start small but if you do not control it, it can burn everything good in you and turn to ashes.

Anger is a natural emotion. It is not always bad. Even Jesus became angry when people dishonored God’s temple. But His anger was holy and full of love. The sin is not in feeling anger. The sin begins when we let it control us, when we explode with words, harm others or refuse to forgive. This kind of uncontrolled anger is called wrath and it is one of the most destructive forces in the soul.

Why Wrath Is Dangerous

Anger turns into wrath when it begins to take over our thoughts, our speech and our actions. It starts to control how we treat others and how we see the world. Wrath often leads to:

- Saying things we later regret
- Hurting others through our actions or silence
- Refusing to forgive
- Wanting revenge instead of praying for peace

Wrath is like a wildfire in the soul. It burns quickly, destroys relationships and leaves behind bitterness, loneliness and regret. The Church Fathers warn us that wrath opens the door to hatred and hatred leads to even greater evils. Jesus Himself said *“Everyone who is angry with his brother will be liable to judgment. Whoever says, ‘You fool,’ will be liable to the hell of fire”* (Matthew 5:22). He was warning us that even anger in the heart can separate us from God.

1. Wrath Destroys What Love Builds

God gave us the emotion of anger for a reason. When we see injustice, anger can help us stand up for what is right. Jesus showed this when He cleared the temple. But wrath is not the same as righteous anger. Wrath is anger mixed with selfishness, pride and a desire to punish or get even.

Words of the Week:

բարկութիւն - par-goo-tyoon - anger
գաւում - tsa-soom - wrath
կրակ - guh-rag - fire

Memory Verse:

“Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.”

- Proverbs 16:32

When wrath takes over:

- We say hurtful things to others
- We slam doors or storm off instead of trying to make peace
- We stew in silence and refuse to forgive

The Armenian word for wrath is *գաւում* (tsa-soom). It means more than frustration. It describes rage that boils over like a pot left on the stove for too long. Wrath is not love standing up for truth. It is love that has caught fire and is now burning everything around it.

2. Wrath in the Bible

Cain (Genesis 4) - Cain became angry when God accepted his brother Abel’s offering but not his own. Instead of humbling himself Cain allowed his anger to grow into hatred. He invited Abel into the field and killed him. His wrath led to the first murder.

Moses (Numbers 20) - Moses a faithful servant of God grew angry with the people of Israel. In his frustration he struck the rock instead of obeying God’s command. That moment of wrath cost him the chance to enter the Promised Land.

The Prodigal Son’s Brother (Luke 15) - When the younger son came home the father threw a joyful celebration. But the older brother was filled with anger. He refused to join the feast and missed the joy of forgiveness. Wrath closed his heart to the beauty of mercy.

3. Wrath Blocks God’s Peace

The Apostle James wrote, *“The anger of man does not produce the righteousness of God”* (James 1:20). By this he means that when we choose to hold onto our anger we cannot hear God’s voice. His voice is gentle. Wrath makes too much noise for us to listen. It fills our hearts with harshness, division and spiritual darkness.

What the Church Fathers Say

“Nothing is more destructive than wrath. It leaves the soul without light, without peace, without mercy.” – St. Basil the Great

“When anger enters your heart, know that Christ has stepped away. Call Him back with humility and silence.” – St. Isaac the Syrian

“He who rules his anger is more powerful than the one who conquers a city.”
– St. John Chrysostom

What the Bible Says About Wrath

Proverbs 15:1 - *“A soft answer turns away wrath, but a harsh word stirs up anger.”*

James 1:19–20 - *“Be quick to hear, slow to speak, slow to anger.”*

Ephesians 4:26–27 - *“Be angry and do not sin; do not let the sun go down on your anger.”*

Ecclesiastes 7:9 - *“Do not be quickly provoked in your spirit, for anger resides in the lap of fools.”*

Saint John Chrysostom said, *“He who is angry without cause is a murderer.”*

Even when we do not act on our anger physically, wrath murders peace in our hearts and homes. It drives out the Holy Spirit and leaves us empty.

What Wrath Can Do:

- Breaks friendships and family bonds
- Fills our minds with revenge instead of forgiveness
- Makes us say or do things we regret
- Turns our hearts cold and bitter
- Destroys the peace of prayer
- Blinds us to love compassion and truth
- Blocks the grace of the Holy Spirit
- Leads to shallow apologies and hardened hearts
- Builds walls between us and God
- Grows into violence cruelty and hatred

Activity #1: “Fire or Light?” Discussion Game

Materials Needed:

- Two candles (one lit, one unlit)
- A flashlight
- Paper flame cutouts and markers

Setup:

- Show students the candle flame and flashlight.
- Ask: *“Which one is easier to control?”* and *“Which one can start a fire if left unchecked?”*
- Say: *“Anger is like fire — it can give light or burn down everything. We need to use it wisely.”*

Activity:

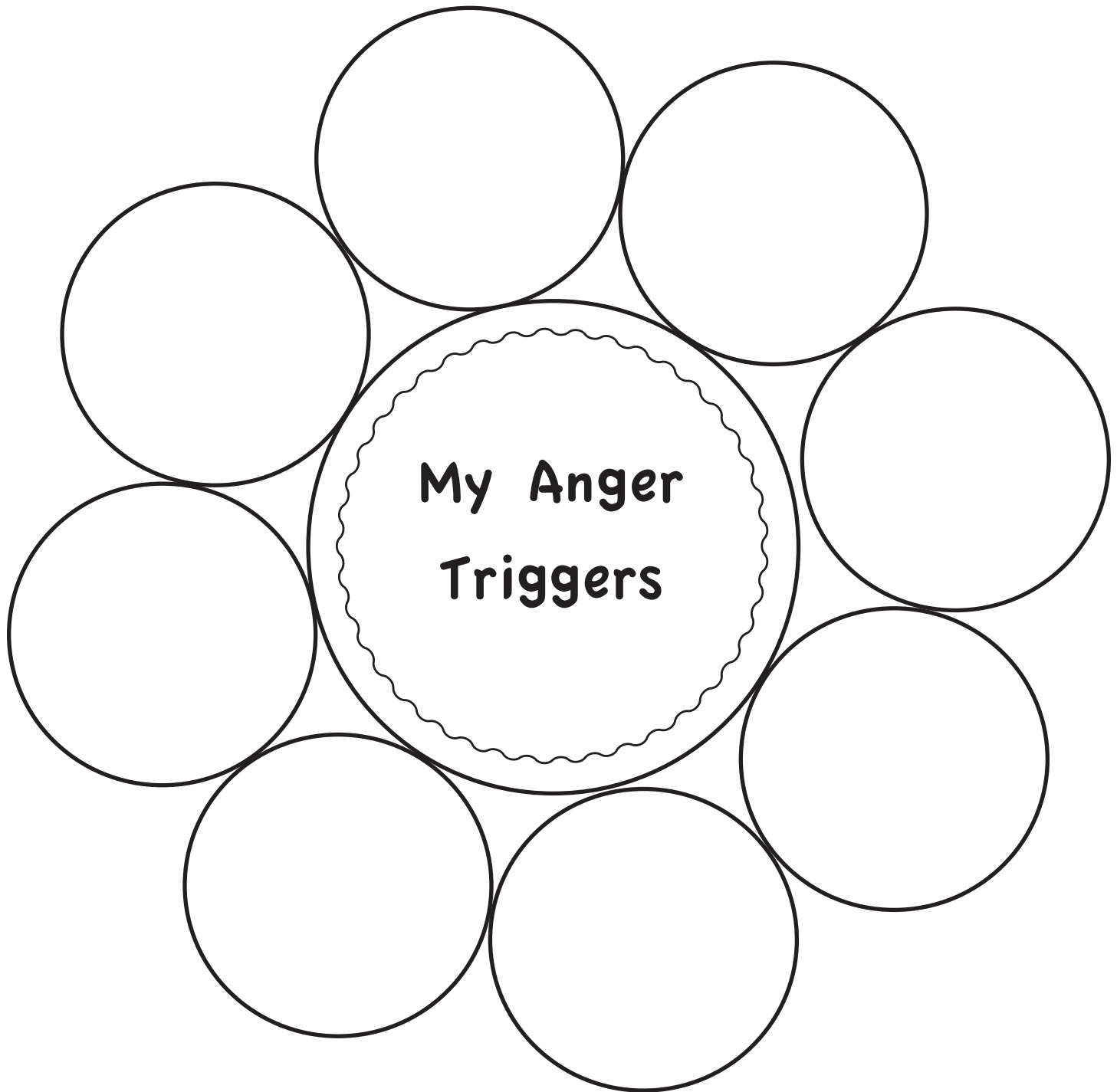
- Give each student a paper flame.
- On one side, they write a situation where they recently got angry.
- On the other side, they write what a patient or forgiving response would’ve looked like.
- Tape them to a board titled: *Turn My Wrath Into Light*



Activity #2: My Anger Triggers

It is up to you what you let grow in your garden.

Recognizing triggers that make you angry will allow you to pray about them and work on improving yourself and letting them go.



Special Prayer to the Holy Spirit

Holy Spirit, true God, with your peace that surpasses all wisdom and understanding, comfort us your servants, by accepting our supplications. Through your benediction, blot out our transgressions worthy of dreadful punishment. Expiate and hear us, remit and forgive our sins. Make us worthy to thankfully glorify you, together with the Father and the Only-begotten Son, now and always and unto the ages of ages. Amen.

Խաղաղութեամբ քով Յոգիդ Սուրբ Աստուած ճշմարիտ, որ ի վեր է քան զամենայն միտս եւ զխորհուրդս, մխիթարեա զանձինս ծառայից քոց, ընդունելով զաղաչանս մեր. անցո ի մէջ զցասումն պատուհասի յանցանաց մերոց բարերարութեամբ քով: Ներեա եւ լուր մեզ, քաւեա եւ թող զմեզս մեր, արժանաւորեա գոհութեամբ փառաւորել զքեզ ընդ Յօր եւ ընդ Որդւոյն Միածնի, այժմ եւ միշտ եւ յաւիտեանս յաւիտենից: Ամէն:

Khaghaghootyamp kov Hokeet Soorp Asdvadz jshmareed, vor ee ver eh kan zamenayn meedus yev uzkhorthoortus, mukheetarya zantseenus dzarayeets kots, untoonelov zaghachanus mer. Antso ee mench uzsaoomun badoohasee hantsanats merots parerarootyamp kov. Nerya yv loor mez, kavya yev togh uzmeghus mer, arjhanavorya kohootyamp paravoreyl uzkez unt Hor yev unt Vortvoyn Meeadznee, ayjhm yev meeshd yev haveedyanus haveedeneets. Amen.

Review

Memory Verse Review:

“Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.”
(Proverbs 16:32)

Words of the Week:

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Life Application

What are we going to do with what we have learned today?

Just like fire, anger is powerful and must be controlled with God’s help. When you feel anger rising inside you, you have a choice: let it burn out of control and destroy relationships, or transform it into something good through the Holy Spirit’s power. The Bible says *“be angry and do not sin”* (Ephesians 4:26)—anger itself isn’t always wrong, but what you do with it matters. This week, when you feel angry, pause and pray: *“God, help me use this feeling wisely. Turn my wrath into Your light.”* With the Holy Spirit’s help, you can master your anger instead of letting anger master you, responding with patience and love rather than leaving behind hurt and regret.

Lesson Review:

Questions:

1. Is anger always sinful? *(No. Righteous anger can defend what is good. Sinful anger, or wrath, loses control and seeks to hurt)*
2. What is wrath? *(Wrath is uncontrolled anger that leads to sin)*
3. Who in the Bible let anger turn into sin? *(Cain killed Abel; Moses struck the rock; the Prodigal Son's brother stayed outside the feast)*
4. What does the Bible say about being "slow to anger"? *(That it's wise, peaceful, and pleasing to God)*
5. What are some ways we can turn anger into light instead of destruction? *(Prayer, silence, breathing, soft words, walking away, forgiving quickly)*
6. How does the Holy Spirit help us control our anger? *(The Holy Spirit gives us self-control, reminds us of God's Word, and helps us respond with patience and love instead of reacting in wrath)*
7. What should we do when we feel anger starting to burn inside us? *(Pause, pray, take deep breaths, and ask God to help us respond wisely rather than react quickly. We can also walk away until we're calm enough to speak with kindness)*
8. What is the difference between anger that gives "light" and anger that "burns"? *(Anger that gives light is controlled and used to defend what's right or solve problems with love. Anger that burns is out of control and destroys relationships and hurts people)*
9. Why is it important to deal with anger quickly and not let it sit overnight? *(The Bible says "Do not let the sun go down on your anger" - Ephesians 4:26. When we hold onto anger, it grows into bitterness and resentment, making it harder to forgive and easier to sin)*
10. Can you think of a time this week when you can practice being "slow to anger"? *(Answers will vary. Encourage students to share specific situations where they can apply what they learned about controlling anger with God's help)*

* *Departing Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

Close with prayer:

Պահապան ամենայնի Քրիստոս, աջ Քո հովանի լիցի ի վերայ իմ, ի տուէ եւ ի գիշերի, ի նստիլ ի տան, ի գնալ ի ճանապարհ, ի ննջել եւ ի յառնել, զի մի երբեք սասանեցայց եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

Bahaban amenayn Kreesdos, ach Ko hovanee leetsee ee vera eem; ee dveh yev ee keesher-ee, ee nsdeel ee dan, ee knal ee janabarh, ee nunchel yev ee harnel, zee mee yerpek sa-sanetsayts yev voghormya Ko araradzots yev eents pazmamyghees. Amen.

O Christ, guardian of all, let Your right hand guard and shelter me, by day and by night, at home and abroad, in sleeping and in waking, that I may never stumble. Have mercy upon Your creatures and upon me, a great sinner. Amen.