

## Lent: a time of reconciliation

Bible Portion: Ephesians 4:23-32

And be renewed in the spirit of your mind - Old mode of living should be abandoned; a new one to be assumed. The mind is to be renovated. And be renewed - That is, it is necessary that a man who has been following these should become a new man. Behind behavior, actions, attitudes, emotions, and habits are ways of thinking (construal) that encourage and strengthen them. To bring about deep change, we must change the way we think, our perspective, or way of seeing things.

To change behavior, attitudes and emotions, we must challenge perspectives or ways of seeing things with counter-veiling viewpoints.

Is It Possible to Be Angry and Not Sin?

Paul tells us not only that we are permitted to be angry, he also says there are times when we must be angry. The Lord would command us to be angry at times is understandable when we consider biblical ethics. Paul summarizes what we need to know about Christian virtues by telling us to be "imitators of God" (5:1)

Scripture say, "Be angry and do not sin," it also says, "Be slow to anger, for the anger of man does not work the righteousness of God." And the Bible says, "Put away anger and malice." And it says that Jesus—at one point when he was in the synagogue and they were bent out of shape because he was healing someone on the Sabbath—it says he looked around upon them with anger, grieved at their hardness of heart. So we should get angry with sin, but that anger should be so mingled with heart-sorrows for the people sinning.

And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you. Therefore be imitators of God, as beloved children; and walk in love, just as Christ also loved you, and gave Himself up for us, an offering and a sacrifice to God as a fragrant aroma. Hope these words will help you to make the most out of the season of Lent.