



Anger Feeds The Demons

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MONSIGNOR STEPHEN ROSSETTI

I learned again how toxic anger is. I was in the midst of an exorcism session and the energumen (possessed person) leapt up and attacked me. That has happened before but it is unusual. Normally there is a kind of spiritual bubble around me; God does not let them physically attack me during a session. However, I get a lot of verbal abuse from the demons and they try to get into my head.

Fortunately, the possessed person was not physically strong, being rather petite. But it took a couple of team members to contain her. No doubt some demonic strength was in her. I got angry when she attacked me and gripped her arm tightly, although I didn't show the anger on the outside. Nonetheless, the demon's voice chided me for losing my temper. (They never miss an opportunity to diss me!)

Sure enough, as we continued the session, the demons stopped reacting and seemed non-plussed by the whole thing. Something was wrong. So, I stopped the session, went into the other room with one of the priests and confessed the sin of losing my temper. He absolved me and we went back into the session. Once again, the demons started to react to the prayers.

The demons were feeding off my anger. A good note to self: **confess any unhealed anger** before entering a session! Also, try not to let the demons provoke you. **When you get angry, then they have a hook in you** and the sessions stall out.

Fr. Perozich comments —

My comments that arise from Msgr. Rossetti's blog are not official Catholic teaching, rather my reflection from scripture, from receiving thousands of confessions in the Sacrament of Penance, and from my own spiritual life.

Many people confess anger in the confessional. Anger is an emotion that arises to push away something that threatens us in the present time. Fear, the chief of the irascible emotions, is an emotion that arises to push away a threat that "might" happen in the future.

Thus anger in this sense is not a sin which would be culpable.

Ire, however, is sinful. Its components are words and actions which punish or hurt those who offend us in order to get them to back off, not to repeat the behavior, or to satisfy a desire for revenge.

In Penance, I try to inform the penitent of the differences so that they know not to react with "ire" when "anger" arises.

In his testimony above, Monsignor Rossetti had a normal reaction of anger, to push away a threat. By gripping the arm tightly, he expressed ire which satisfied the demon and drew the exorcist into the demon's realm.

Confession of the "anger" as he says was a confession of "ire", and therefore the confession freed monsignor from the realm of evil which once again responded to his prayers as exorcist.

***Pride**, envy, anger/ire, lust, greed, gluttony, and sloth are called the "**Deadly**" **Sins** because they are the chiefs, the parents from which all other **sins** spring. ... **Pride** is "The Great **Sin**" that leads to all other **sins**, because **pride** is the exaltation of Self above all authority, even God's authority. **Pride** is cosmic arrogance.*

It is my experience that ENVY moves a man to pride. Envy arises when another gets the power, possessions, prestige and pleasure that a man feels is his due. Satan envied man because God created man with a body and spirit and commanded angels to assist

man which Satan considered to be inferior, to help man to become like God.

Wisdom 2:23-24 For God formed man to be imperishable; the image of his own nature he made us. But by the envy of the devil, death entered the world, and they who are allied with him experience it.

This envy led Satan to be prideful, needing to show himself greater than man and as great as God.

The seething **ire** of the evil one against God and creation attacks humanity constantly out of envy.

In the Sacrament of Penance, often I hear a backdrop of anger/ire. Two of the most frequent penances that I give from the Bible are:

Ephesians 29-32 No foul language should come out of your mouths, but only such as is good for needed edification, that it may impart grace to those who hear. And do not grieve the holy Spirit of God, with which you were sealed for the day of redemption. All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice. [And] be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ.

and

Mark 7:2-23 (Matthew 15:17-20)“But what comes out of a person, that is what defiles. From within people, from their hearts, come evil thoughts, unchastity, theft, murder, adultery, greed, malice, deceit, licentiousness, envy, blasphemy, arrogance, folly. All these evils come from within and they defile.”

A comparison to a pot of broth with ingredients over a flame works to illustrate the effect of anger. The ingredients simmering are the deadly sins. The flame is anger. Turn up the anger and the iniquities overflow into the commission of sins. Turn down the anger, and the iniquities no longer boil over.

Monsignor's confession shut off the flame. Whatever else in his soul now could not be touched by the devil he was exorcising. He returned renewed to care for the soul of the woman rather than to indulge his ire.

People's anger is stoked today by carefully planned media events on TV, in church homilies, documents, unusual teaching, euphemisms, slogans, etc. Others provoke us in personal encounters. Avoidance of both when possible is recommended to calm anger/ire.

I have not watched news since November 4, 2020 when the election results showed great inconsistency from the evening to the morning. When I am visiting friends who have it on TV, I hear covid, vaccines, immigration, lockdowns, etc. These would fuel my anger and cause my iniquities to boil over into sin. My solution is to avoid the news except for some internet sites.

Sometimes, however, we cannot avoid the vexing situations and people in life. A remedy for this is to bring them to prayer so that we have serenity to avoid anger/ire and sinful acts that result from it.

*"God, grant me the **serenity** to accept the things I cannot change, the **courage** to change the things I can, and the **wisdom** to know the difference."*

I'll add one more: "And the heart to bring all that I think, feel and do to your Sacred Heart so that my impure heart, united to you, might be returned to me purified once again to carry out Your mission of love and salvation to this world that You redeemed by the blood of Your cross.