

“Serenity. Why lose your temper?”

Serenity. Why lose your temper if by doing so you offend God, annoy other people, upset yourself... and have to find it again in the end? (The Way, 8)

8 June

Say what you have just said, but in a different tone, without anger, and your argument will gain in strength and, above all, you won't offend God. (The Way, 9)

Never correct anyone while you are still indignant about a fault committed. Wait until the next day, or even longer. And then, calmly, and with a purer intention, make your reprimand. You will gain more by one friendly word than by a three-hour quarrel. Control your temper. (The Way, 10)

As soon as you truly abandon yourself in the Lord, you will know how to be content with whatever happens. You will not lose your peace if your undertakings do not turn out the way you hoped, even if you have put everything into them, and used all the means necessary. For they will have *turned out* the way God wants them to. (Furrow, 860)

When the good of your neighbour is at stake you cannot remain silent. But speak in a kindly way, with due moderation and without losing your temper. (The Forge, 960)

.....

pdf | document generated
automatically from [https://opusdei.org/
en-ie/dailytext/serenity-why-lose-your-
temper/](https://opusdei.org/en-ie/dailytext/serenity-why-lose-your-temper/) (22/02/2026)