

Opinion: Exercising self-discipline matters

By David Mochel, Huffington Post

I do not consider myself religious in any traditional sense, nor would I say that I am deeply patriotic, but I am tired of “American” and “Christian” being used as descriptors of what is happening in the popular discourse.

I am tired of letting the loudest among us be those who call for un-American behavior in the name of patriotism. I am tired of letting the dialogue be monopolized by those who pass off prejudice as faith. Compassion matters. Dignity matters. Exercising self-discipline when we are scared and angry matters.

Human beings are biological creatures with lots of biological impulses. But we also have the capacity to see beyond our temporary urges for violence and oppression. We have the ability to anchor ourselves in, and act out of, enduring and inspiring principles. If we do not use the wisdom we have access to, then what exactly makes us human?

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