



Anger- Resources to Dig Deeper

In understanding our anger sometimes we recognize we need to give it a voice. Sometimes we need to learn how to give our other emotions a voice and sometimes we need to enter into better self care

This week I'll share with you some resources you can use to help you dive a little deeper in your understanding of Anger.

Understanding Anger

by JK Kemp on Unsplash



As we sit in our
anger & wrestle
with ourselves
& God,
we begin to see
what grieves &
provokes

*His Father's
heart.*

JenniferSlatteryLivesOutLoud.com

Finding God In Our Anger

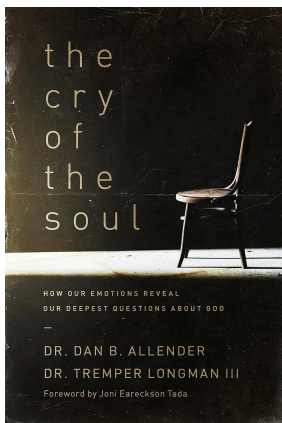
An article by Jennifer Slattery where she discusses the Biblical context for anger, understanding of God's word "in your anger do not sin".

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When Rage Keeps Us From Community

A powerful podcast by Dan Allender exploring the impacts of anger on relationships. That makes us consider our own anger, and how we can heal from the anger of others.

[Listen Here](#)



The Cry of the Soul: How Our Emotions Reveal Our Deepest Questions about God

Dan Allender & Tremper Longman

All emotion—whether positive or negative—can give us a glimpse of the true nature of God. We want to control our negative emotions and dark desires. God wants us to recognize them as the cry of our soul to be made right with Him. Beginning with the Psalms, Cry of the Soul explores what Scripture says about our darker emotions and points us to ways of honoring God as we faithfully embrace the full range of our emotional life.

Your anger is a prophet with a message that just might heal you - Drew Boa

Jay Stringer, says “I have never met someone who struggles deeply with lust who is not also battling with unaddressed anger.” In conversations about porn we often address lust, but we forget to talk about anger because we don't even realize we're angry or how that's fueling our behavior.

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