

Ep. 393 | How to Handle Your Anger Instead Of Your Anger Handling You

Why are you really angry? And, is it helping or hurting you? In a world fueled by outrage, offense, and constant reaction, anger has become both normalized and celebrated. But unchecked anger doesn't just damage relationships—it impacts your spiritual life, emotional health, and connection with God. In this episode, Christine Caine unpacks Jonah 4:1-9 and explores the powerful question God asked Jonah: "Is it right for you to be angry?" Through this honest and practical message, you'll discover the difference between righteous anger and destructive anger, how to identify the root of your emotions, and how to process anger in a way that leads to healing instead of harm. This episode will challenge you to confront what's beneath your anger so you can experience freedom, wholeness, and restored relationships.

WHAT IS BENEATH YOUR ANGER—HURT, FEAR, DISAPPOINTMENT, OR SOMETHING ELSE?

IS YOUR ANGER LEADING YOU TOWARD HEALING AND ACTION, OR TOWARD DAMAGE AND DIVISION?

WHAT WOULD IT LOOK LIKE FOR YOU TO SURRENDER YOUR ANGER TO GOD THIS WEEK?

SCRIPTURES REFERENCED IN THIS EPISODE:

JONAH 4:1-9 • EPHESIANS 4:26-27 • PSALM 145:8 • MARK 3:5 • MARK 10:14 • MARK 11:15-17 • JAMES 1:19-20 • COLOSSIANS 3:8