

Dear friends:

Welcome to the third topic in the series Hope4HeavyHearts, a ministry dedicated to serving people by helping them to overcome the issues that weigh our hearts down and to foster the virtues that allow us to live in freedom, peace, and joy. We are glad you decided to join us on this journey.

This week's resources address the issue of Anger. Anger is a problem that is both deceptive and dangerous, because for the angry person all anger feels righteous. This session explores the nature of the angry heart.

“Anger Mismanagement”

[Click Here](#) or the attached mp3 file to listen!

Institute for Biblical Counseling and Discipleship

In this episode, Jim Newheiser explores the nature of righteous versus unrighteous anger and discusses the root of anger. He provides five principles to help overcome anger by changing our perspective on it.

Note: this lecture is 50 minutes long. If you would like to view it in two segments minute 31:22 is a good break point.

Be listening for...

1. In the opening real-life examples, are the angry outbursts justified?
2. What are some excuses people use for their anger?
3. How does anger reveal the true nature of our hearts?
4. How does secular psychology tend to treat “anger management”?
5. What are the 5 insights Mr. Newheiser gives on the true root of anger?

Jim Newheiser is the Executive Director of IBCD

Additional resources:

Book: Good and Angry, by David Powlinson

We would be happy to send you a complimentary copy of this book. Simply reply to this email with your mailing address to request one.

If you would like to meet in person with others in this series to discuss the issues, mark your calendar for Thursday evening, **April 15, 2021**. More details will follow by email as to the exact time and place.

Be on the lookout for the next topic: Dealing With Guilt.

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