

ANGER

We know that many people struggle with tremendous confusion about when it is biblically appropriate to set limits. Many symptoms such as depression, anxiety, marital struggles, etc. find their roots in conflicts with boundaries. At Summit we believe setting biblical boundaries will enable you to achieve the relationships and purpose that God intends for you.

BIBLICAL FOUNDATION

- Psalm 37:8
- Ephesians 4:26-27, 31-32
- Proverbs 29:11
- Psalm 103:8
- Colossians 3:8

SUMMIT RESOURCES

Check out [RightNow Media](#) for additional resources related to Anger.

If you'd like further support surrounding this topic or speak to someone on staff, call 775.424.5683 between 9am and 4pm Mon-Th.

READING PLANS

YouVersion Plan
[When Life Doesn't Make Sense](#)

YouVersion Plan
[Anger, New Life New Way](#)

[Anger, Taming a Powerful Emotion](#)

Gary Chapman

Whether your anger is quiet or explosive, if it's clouding your judgment and hurting relationships, it needs to go. Learn to handle anger in healthy ways as Gary Chapman's wise and empathetic words will help you turn over a new leaf.

[Overcoming Emotions that Destroy](#)

Chip Ingram, Dr. Becca Johnson

See how many emotions lead to anger and how many emotions follow from it. Chip Ingram and psychologist Dr. Becca Johnson offer a clear message: as we deal with our anger, we deal with the primary cause for all emotions that destroy.

[Uprooting Anger](#)

Robert D. Jones

Grandma was right. You've got to get the weeds by the roots, or they'll just grow back. So too with deep-rooted anger. But can it happen? God's answer in the Bible is "Yes!" Whether you simmer or strike out, implode or explode, there is biblical help for you. Robert Jones shows us how to effect godly change in our lives in this practical Christ-centered resource.

[Boundaries](#)

Drs. Henry Cloud & John Townsend

Learn when to say yes and know how to say no in order to take control of your life and set healthy, biblical boundaries with your spouse, children, friends, parents, co-workers, and even yourself.

