

Creatures of Struggle Struggling with Anger 8/09/2020

How do you try and convert anger into compassion? Practice? Over and over and over?

Catholic confession seems, if done right, is a great place to articulate anger. Is there a consistent place/process to do this in a Protestant tradition?

A family member suffers from guilt, shame, anxiety, and depression stemming from the way they feel about themselves & past actions. How to help?

Is there inherent value in anger as a human emotion/reaction? If so, where does that fit in this conversation? If not, wtf?

You said, "God tends to bend towards mercy more than justice." Do you think the universe bends the same way, and if so can you give an example?

When we say we want "righteous justice," are we not often just reframing unhealthy desire for "revenge" or "vengeance," framing it with a more acceptable word?

Resentment seems to be a side effect of not actively engaging what makes one angry...how do you suggest we combat that?

Ephesians 4:29 comes to mind. My question is do we have to filter our words when we pray in anger?

What do you say to a person who would suggest what angers me shouldn't anger me?

After giving your anger with someone over to God, what's the process of addressing it with that person?

What say you about still feeling angry even after "justice" was served?

Why would anyone want to follow vengeful angry god? Ie how do you reconcile the god of the New Testament vs the Old Testament?

What do you do when it seems like God doesn't pursue vengeance/justice on your behalf?

How do you deal with anger for something you're not ready to forgive

I get so upset and fear my adult kids will catch COVID due to their behavior. They live over 1700 miles away from us. How can I let this anger go?

Are we supposed to accept that Jesus' suffering is the vengeance that our enemies deserve?

Can you convince God to act in vengeance on your behalf? How long do you pray for it and when do you let it go?