



Theology and THERAPY

SEPTEMBER 16, 2026

STUDY NOTES

What's Running You

Session 2: When Anger Is Easier Than Hurt

KEY SCRIPTURE REFERENCES

- Genesis 4:1–16

TONIGHT'S PIVOTAL QUESTION

What is your anger keeping you from having to feel?

- Anger can tell us that something we value has been violated.
- The goal of emotional maturity isn't "I never get angry."
- The question is: What does my anger reveal, and what do I do with it?

TNT Principles

1. Anger is often the emotion we see, not the emotion that started it

- Anger can be a secondary emotion.

KEY THOUGHT

Anger is sometimes emotional armor. It protects the softer emotion underneath it. And if I only deal with my anger, I may never discover the wound my anger is protecting.

2. Anger can make somebody else pay for what they didn't do

- Sometimes the person who receives our anger isn't the person who created our hurt.

KEY THOUGHT

Unprocessed pain has a way of looking for an innocent address.

3. Anger can feel better than shame

- When correction touches an unhealed sense of self, we can experience correction as rejection.
- If every correction becomes rejection, anger will become your defense against growth.

KEY THOUGHT

Correction is not always rejection. Sometimes correction is evidence that relationship is still available.

4. God interrogates the emotion before it becomes an action

- Emotional maturity creates space between what I feel and what I do because I feel it.

KEY THOUGHT

Every emotion deserves acknowledgment. Every emotion does not deserve obedience.

5. What you don't process will eventually demand expression

- Unprocessed anger doesn't disappear because you stop talking about it.

KEY THOUGHT

Emotions we refuse to process don't disappear. They often change clothes.

6. Healing requires learning the language beneath the anger

Personal Inventory

Think about something you're angry about right now, and answer these honestly.

1. What happened?

2. What did I feel before I felt angry?

3. Did I feel rejected, embarrassed, afraid, ignored, powerless, betrayed, disappointed, or insignificant?

4. What story did I tell myself about what happened?

5. Who am I actually angry with?

6. Is the person receiving my anger the person who caused my hurt?

7. What would I have to admit if I couldn't use anger?

8. What does my anger make me feel powerful enough not to feel?

9. What would a regulated response look like?

The Holy Pause

When anger rises: PAUSE

- P — Pay Attention
- A — Acknowledge
- U — Understand
- S — Separate
- E — Engage