

3 Spirit-Filled Ideas to Help You Manage Your Anger

When you're angry, many people say you should just "scream into a pillow."

But God has put a few different "pillows" into your life that will not only allow you to release your anger, but teach you how to biblically manage it as well.

When you're getting tired of working at it and find yourself constantly suppressing your anger, Pastor Mike Signorelli of V1 church invites us to remember, "sometimes the journey is a process."

Find out what the "pillow of all pillows to scream into" is, in this video teaching from Pastor Signorelli. {eoa}