

Questions That Could Change Your Life - 3 Why Are You Angry?

I. WHAT'S THE BIG IDEA? Genesis 4:1-11

Anger is a normal emotion, but when it takes control, it clouds the mind and darkens the soul. When experienced, anger should be acknowledged, appropriately expressed, and released through forgiveness.

II. God asks Cain three questions:

A. Why are you so angry?

B. Why are you so downcast?

C. Where is your brother?

III. CONSEQUENCES OF ANGER

- A. Confused thinking.**
- B. Fallen countenance.**
- C. Foolish actions.**
- D. Spiritual/emotional bondage.**

IV. THE PRESCRIPTION

- A. Acknowledge it.**
- B. Express it.**
- C. Release it.**