



MESSAGE NOTES

PRACTICAL TEACHING FOR EVERYDAY LIVING

Title: **Anger: Facing the Fire Within**
Series: **The Struggle is Real**
Text: **Gen. 4:1-7; James 1:19–20; Ephesians 4:26–27, 31-32**
Speaker: **Kevin T. Hardy** Date: **April 12, 2026**

*“If you do what is right, will you not be accepted? But if you do not do what is right, **sin is crouching at the door; it desires to have you, but you must rule over it.**” (Genesis 4:7)*

- Anger is one of the most universal and most _____ emotions we experience as human beings.
- The story of Cain and Abel is not just ancient history — it is a mirror. God gave Cain a warning before the tragedy. He gives us the same warning today: sin is _____, but you can rule over it.

1. THE _____ OF ANGER WITHIN

*“But Abel also brought an offering — fat portions from some of the firstborn of his flock. The Lord looked with favor on Abel and his offering, but on Cain and his offering he did not look with favor. **So Cain was very angry, and his face was downcast.***

*Then the Lord said to Cain, ‘**Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at the door; it desires to have you, but you must rule over it.**’” (Genesis 4:4-7)*

- Anger almost always has _____ underneath it
- Anger’s damage happens _____ before it ever erupts outwardly.
- _____ and _____ expectations are among the most common triggers of destructive ANGER.
- _____ anger follows a destructive path.

2. THE BIBLICAL _____ — GOD’S WORD ON ANGER

God did not condemn Cain. He _____ him. The Bible does the same for us.

A) SLOW DOWN BEFORE YOU _____

*“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and **slow to become angry**, because human anger does not produce the righteousness that God desires.” (James 1:19–20)*

B) DEAL WITH IT BEFORE IT _____

*“**In your anger do not sin**: Do not **let the sun go down while you are still angry**, and do not give the devil a foothold.” (Ephesians 4:26–27)*

C) REPLACE IT WITH _____

*“**Get rid of all bitterness, rage and anger**, brawling and slander, along with every form of malice. **Be kind and compassionate to one another, forgiving each other**, just as in Christ God forgave you.” (Ephesians 4:31–32)*

“Bitterness is the poison we drink ourselves, hoping it will harm the person who hurt us.”
Andy Stanley

3. THE _____ PATH

*Then the Lord said to Cain, “**Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at the door; it desires to have you, but YOU MUST RULE OVER IT.”**” (Genesis 4:4-7)*

- _____ and PRAY before you respond.
- _____ what is underneath your anger: hurt, fear, shame, or unmet need.
- _____ anger the same day.
- _____ truth in love with the goal of reconciliation, not retaliation.
- _____ help, for persistent patterns.
- _____ short accounts daily through confession and prayer.

Why are you angry?

Will you rule over it — or let it rule over you?

Will you bring it to the One who can transform it?