

# Philadelphia Church

Overcoming Anger

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## Genesis 4:1-12

Ada made love to his wife Eve, and she became pregnant and gave birth to Cain. She said, “With the help of the LORD I have brought forth a man.”<sup>2</sup> Later she gave birth to his brother Abel. Now Abel kept flocks, and Cain worked the soil.<sup>3</sup> In the course of time Cain brought some of the fruits of the soil as an offering to the LORD.<sup>4</sup> And 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,<sup>5</sup> but on Cain and his offering he did not look with favor. So Cain was very angry, and his face was downcast.<sup>6</sup> Then the LORD said to Cain, “Why are you angry? Why is your face downcast?<sup>7</sup> If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it.”

## Genesis 4:1-12 (cont.)

<sup>8</sup> Now Cain said to his brother Abel, “Let’s go out to the field.” While they were in the field, Cain attacked his brother Abel and killed him.<sup>9</sup> Then the LORD said to Cain, “Where is your brother Abel?” “I don’t know,” he replied. “Am I my brother’s keeper?”<sup>10</sup> The LORD said, “What have you done? Listen! Your brother’s blood cries out to me from the ground. <sup>11</sup> Now you are under a curse and driven from the ground, which opened its mouth to receive your brother’s blood from your hand. <sup>12</sup> When you work the ground, it will no longer yield its crops for you. You will be a restless wanderer on the earth.”

## Genesis 4:4-5

<sup>4</sup> And 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, <sup>5</sup> but on Cain and his offering he did not look with favor. So Cain was very angry, and his face was downcast.

Two reactions to anger:

◆ Those who externalize or "explode"

◆ Those who internalize or "implode"

# Quote

Speak when you are angry and you'll make  
the best speech you'll ever regret. - LP

## Genesis 4:6

<sup>6</sup> Then the LORD said to Cain, “Why are you angry? Why is your face downcast?”

## James 1:19-20

<sup>19</sup> My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, <sup>20</sup> because human anger does not produce the righteousness that God desires.

## Proverbs 25:28

Like a city whose walls are broken through is a  
person who lacks self-control.

# Quote

Our desire should be to overcome anger not let  
it overcome us. -PD

## Galatians 5:22-23

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, <sup>23</sup> gentleness and self-control. Against such things there is no law.

## Ephesians 4:26-27

<sup>26</sup> “In your anger do not sin”: Do not let the sun go down while you are still angry, <sup>27</sup> and do not give the devil a foothold.

## Types of anger:

- ◆ Sudden anger (needs to be controlled)
- ◆ Sinful anger (needs to be condemned)
- ◆ Stubborn anger (needs to be conquered)
- ◆ Sanctified anger (needs to be channeled)

## Proverbs 14:7

Stay away from a fool, for you will not find  
knowledge on their lips.

## Proverbs 29:11

Fools give full vent to their rage, but the wise  
bring calm in the end.

## Proverbs 19:11

A person's wisdom yields patience; it is to one's glory to overlook an offense.

## Proverbs 15:18

A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel.

## Proverbs 22:24

Do not make friends with a hot-tempered  
person, do not associate with one easily  
angered,

## Proverbs 14:29

Whoever is patient has great understanding,  
but one who is quick-tempered displays folly.

## Proverbs 19:19

A hot-tempered person must pay the penalty;  
rescue them, and you will have to do it again.

Anger can be sudden:

◆ How do we respond?

◆ Do we let it overcome us?

When anger is not okay:

- ◆ Towards another person
- ◆ Can't be justified
- ◆ There's a motive of Revenge
- ◆ We are holding on to it
- ◆ Don't want to forgive

## 2 Corinthians 10:3-5

<sup>3</sup> For though we live in the world, we do not wage war as the world does.<sup>4</sup> The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. <sup>5</sup> We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

## Ephesians 4:31

<sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

## Ephesians 4:32

<sup>32</sup> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

How do we deal with our anger?

◆ Admit our anger

◆ Analyze our anger

◆ Understand our anger

## Quote

Whenever you fly into a rage you seldom make  
a safe landing. - Will Rogers

## Ephesians 4:26-27

<sup>26</sup> “In your anger do not sin”: Do not let the sun go down while you are still angry, <sup>27</sup> and do not give the devil a foothold.

## Proverbs 15:1

A gentle answer turns away wrath, but a harsh word stirs up anger.

# Quote

Hot heads and cold Hearts never solved  
anything.- BG