

## OCOC— Keeping the Danger Out of Anger

Nov 7, 2021

21 *“You have heard that it was said to the people long ago, ‘You shall not murder, and anyone who murders will be subject to judgment.’ 22 But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, ‘Raca,’ is answerable to the court. And anyone who says, ‘You fool!’ will be in danger of the fire of hell. (Matt 5:21,22)*

*“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.” (Eph 4:26, 27)*

### Cain and Abel

4 Then Adam had relations with his wife, and she became pregnant. She bore a son and said, “By the LORD’s help I have gotten a son.” So she named him Cain.<sup>2</sup> Later she gave birth to another son, Abel. Abel became a shepherd, but Cain was a farmer. <sup>3</sup> After some time Cain brought some of his harvest and gave it as an offering to the LORD. <sup>4</sup> Then Abel brought the first lamb born to one of his sheep, killed it, and gave the best parts of it as an offering. The LORD was pleased with Abel and his offering, <sup>5</sup> but he rejected Cain and his offering. Cain became furious, and he scowled in anger. <sup>6</sup> Then the LORD said to Cain, “Why are you angry? Why that scowl on your face? <sup>7</sup> If you had done the right thing, you would be smiling; but because you have done evil, sin is crouching at your door. It wants to rule you, but you must overcome it.”

<sup>8</sup> Then Cain said to his brother Abel, “Let’s go out in the fields.” When they were out in the fields, Cain turned on his brother and killed him.

<sup>9</sup> The LORD asked Cain, “Where is your brother Abel?”

He answered, “I don’t know. Am I supposed to take care of my brother?”

<sup>10</sup> Then the LORD said, “Why have you done this terrible thing? Your brother’s blood is crying out to me from the ground, like a voice calling for revenge. <sup>11</sup> You are placed under a curse and can no longer farm the soil. It has soaked up your brother’s blood as if it had opened its mouth to receive it when you killed him. <sup>12</sup> If you try to grow crops, the soil will not produce anything; you will be a homeless wanderer on the earth.”

<sup>13</sup> And Cain said to the LORD, “This punishment is too hard for me to bear. <sup>14</sup> You are driving me off the land and away from your presence. I will be a homeless wanderer on the earth, and anyone who finds me will kill me.”

<sup>15</sup> But the LORD answered, “No. If anyone kills you, seven lives will be taken in revenge.” So the LORD put a mark on Cain to warn anyone who met him not to kill him. <sup>16</sup> And Cain went away from the LORD’s presence and lived in a land called “Wandering,” which is east of Eden.

I. Unrighteous anger results from the frustration to prevent obsessive thoughts and compulsive behaviors reacting to certain influences. What are those influences?

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### II. Dealing with anger in the wrong way:

Outward

Inward

Passive

### III. How to deal with anger in the right way:

1) Talk to God...

Psalm 25; Prov 20:5

2) Trust God...

Prov 3:5,6; Rom 8:28

3) Thank God for...

Matt 6:15; Luke 6:36

### Questions:

- 1) Which influences above have the most control over your thoughts/actions?
- 2) Which is your common default mode in handling anger the wrong way?
- 3) Why did God ask Cain if he was angry? Doesn’t God know everything?
- 4) Why did God reject Cain’s offering? How should have Cain responded?
- 5) As a result of this study, what adjustments do you need to make in your life?
- 6) What steps can you take to implement the right way to handle anger?

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