



**“How To Become A Messed Up Adult:
Have A Short Fuse”
Genesis 4:1-12 * May 31, 2009**

Eph.4:26 ~ “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.”

I. What does this verse above tell us about anger?

1. We _____ experience anger.
2. Not all anger is _____.
3. Anger can give the _____ a foothold in my life.

What are various ways people can sin with anger?

II. An Early Lesson In Anger From Cain & Abel

A. What explanations are there for why God accepted Abel’s offering but not Cain’s?

*B. “So Cain was very angry and his face was downcast.”
What’s the lesson here?*



**Anger reveals itself _____
and takes a toll on the _____.**

1. What have various studies revealed about anger?

*C. “Then the Lord said to Cain, ‘Why are you angry?’”
What’s the lesson here?*

**We need to _____ to our anger and find out
_____.**



1. What did we learn about emotions during our recent study on ‘emotionally healthy spirituality’?

*D. “If you do what is right, will you not be accepted?”
What’s the lesson here?*

There is anger that is _____ & _____.

1. Where might it be good to feel anger?

2. If we don’t feel anger at certain things, what’s probably also true? (Seamond’s quote)

*E. “But if you do not do what is right, sin is crouching at the door; it desires to have you, but you must master it.”
What’s the lesson?*

Our anger is to be _____.

1. Three areas where we should practice this:

a. In _____.

b. In interpersonal _____.

c. In our _____ wars.

2. How do we master our anger?

a. Lash out at ... _____.

b. _____ up.

c. _____.

d. Let _____ (_____).

e. Learn to _____.



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Eph.4:26 ~ “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.”

I. What does this verse above tell us about anger?

1. We all experience anger.
2. Not all anger is sinful.
3. Anger can give the devil a foothold in my life.

What are various ways people can sin with anger?

Some people sin with anger by turning it inward. They don’t lose their temper outwardly, but inwardly they’re full of resentment that simmers there invisibly inside of them. Or maybe it’s depression that’s killing them. It’s said that depression is anger turned inwards. There are people who are always critical, or always complaining, and you start digging away the layers of all that ugliness, and you realize that what’s really churning inside is anger which they haven’t dealt with. Some people in anger abuse others. Some abuse themselves. Anger is also nasty tool of pride.

II. An Early Lesson In Anger From Cain & Abel

A. What explanations are there for why God accepted Abel’s offering but not Cain’s?

It could be that Cain’s offering was half-hearted, while Abel gave God his first – this was the firstborn of the flock, and best – he gave the “fat”, the best portion of the meat. That could be the lesson here. Don’t come half-heartedly before God; always strive to give him your first and your best. It could also be that God had already revealed to them the great Old Testament principle of the atonement, that he was to be approached only through a sacrifice as a cover for their sins, as a foreshadowing of the Messiah who would come and save them. Because of sin, human effort cannot save us now, only faith in God’s provision.

B. “So Cain was very angry and his face was downcast.”
What’s the lesson here?



Anger reveals itself physically and takes a toll on the body.

1. What have various studies revealed about anger?

In 2006, the Harvard Medical School released the findings of several studies it had been doing on anger. One study of more than 1,300 men revealed that those prone to anger were three times more likely to develop heart disease than those who kept an even keel. Another study showed that angry men had a risk of heart attack six times higher than everyone else. (It is assumed that women would show a similar increase.) A third study revealed that a full two hours after an angry outburst, a person’s risk of heart attack was still double what it normally would be.

C. “Then the Lord said to Cain, ‘Why are you angry?’”
What’s the lesson here?

We need to listen to our anger and find out why it’s there.



1. What did we learn about emotions during our recent study on ‘emotionally healthy spirituality’?

“Listening to our emotions ushers us into reality. And reality is where we meet God... In neglecting our intense emotions, we are false to ourselves and lose a wonderful opportunity to know God...The problem for many of us comes when we have a ‘difficult’ feeling like anger or sadness. Unconsciously we have a ‘rule’ against those feelings. We feel defective because we ought not to be feeling the ‘wrong’ things. We then lie to ourselves, sometimes convincing ourselves that we aren’t feeling anything because we don’t think we should be feeling it. We shut down our humanity.” ~ Pete Scazzero

D. *“If you do what is right, will you not be accepted?”*

What’s the lesson here?

There is anger that is right & acceptable.

1. *Where might it be good to feel anger?*

When you encounter injustice. When you are mistreated. When you cross-paths with evil. When the wrong seems to be trumping the right. When someone places you in danger. When you see the truth being compromised.

2. *If we don’t feel anger at certain things, what’s probably also true? (Seamond’s quote)*

Christian author David Seamonds writes, “Anger is a divinely implanted emotion. It is designed to be used for constructive spiritual purposes. The person who cannot feel anger at evil is a person who lacks enthusiasm for good. If you cannot hate wrong, it's very questionable whether you really love righteousness.”

E. *“But if you do not do what is right, sin is crouching at the door; it desires to have you, but you must master it.”*

What’s the lesson?

Our anger is to be mastered.

1. *Three areas where we should practice this:*

a. In parenting.

b. In interpersonal conflict.

c. In our culture wars.

2. *How do we master our anger?*

a. Lash out at ... God.

b. Lighten up.

c. Laugh.

d. Let go (forgive).

e. Learn to love.