



# HOW TO MANAGE YOUR ANGER

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**JULY BIBLE STUDY SERIES**

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**“When you let anger get the best of you it brings out the worst in you.”**

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**“Control your anger it is only  
one letter away from danger.”**

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**Unresolved anger is one of the chief contributing factors to the destruction of marriages, the breakdown of families, and the weakening of communities.**

# **WHAT IS ANGER?**

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The word anger in Hebrew literally means "**nose.**" When one is very angry, he begins to breathe hard and the nostrils begin to flare. A Hebrew sees anger as "the flaring of the nose (nostrils)."

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**1 Samuel 20:34** (NKJV), So Jonathan arose from the table in fierce anger, and ate no food the second day of the month, for he was grieved for David, because his father had treated him shamefully.

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Additional Hebrew meanings for anger are “a boiling over,” “provocation,” “wrath,” “rage,” “indignation,” Anger, therefore, is an element of punitive or vindictive justice in man.



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**Anger** is defined as a strong feeling of annoyance, displeasure, or hostility. A less technical definition would be that anger is the strong desire to hurt or destroy someone or something.

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Anger is a basic human emotion.

It manifests itself in times when individuals feel stressed, frustrated, or treated unfairly.

# **THE ROOT OF ANGER**

## **Lesson One**

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**Scripture Lesson**  
**Genesis 4:1-13 (NKJV)**

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Now Adam knew Eve his wife, and she conceived and bore Cain, and said, “I have acquired a man from the LORD.” Then she bore again, this time his brother Abel. Now Abel was a keeper of sheep, but Cain was a tiller of the ground.

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**And in the process of time it came to pass that Cain brought an offering of the fruit of the ground to the LORD. Abel also brought of the firstborn of his flock and of their fat. And the LORD respected Abel and his offering,**

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but He did not respect Cain and his offering. And Cain was very angry, and his countenance fell. So the LORD said to Cain, “Why are you angry? And why has your countenance fallen? If you do well, will you not be accepted? And if you do not do well, sin lies at the door. And its desire *is* for you, but you should rule over it.”

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Now Cain talked with Abel his brother; and it came to pass, when they were in the field, that Cain rose up against Abel his brother and killed him. Then the LORD said to Cain, “Where *is* Abel your brother?” He said, I do not know. *Am* I my brother’s keeper?”



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And He said, “What have you done? The voice of your brother’s blood cries out to Me from the ground. So now you *are* cursed from the earth, which has opened its mouth to receive your brother’s blood from your hand.

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When you till the ground, it shall no longer yield its strength to you. A fugitive and a vagabond you shall be on the earth.” And Cain said to the LORD,  
“My punishment *is* greater than I can bear!

**ANGER IGNITES BAD  
DECISIONS**

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**The actions of each man's  
sacrifice showed how they valued  
their relationship with God.**

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**Why did God accept the sacrifice of Abel  
and reject the sacrifice of Cain?**

**1. God's Sovereign Choice**

**2. Non-Blood Sacrifice**

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### 3. Poor Quality

By faith Abel offered to God a more excellent sacrifice than Cain, through which he obtained witness that he was righteous. God testifying of his gifts; and through it he being dead still speaks.

Hebrews 11:4

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## 4. Attitude Problem

Not as Cain who was of the wicked one and murdered his brother. And why did he murder him? Because his works were evil and his brother's righteous.

1 John 3:12

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**Fury is a potent force that can tragically influence the behavior of people.**

**Fury is unrestrained, or violent anger, rage, passion, or the like.**



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## **Cain's Actions Show That Anger Can:**

- Consume Someone
- Destroy Rational Reasoning
- Create Massive Problems

# **THE FUEL OF ANGER**

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**“Be angry, and yet do not sin; do not let the sun go down on your anger....” (Ephesians 4:26)**

Allowing bad feelings to fester  
is an unhealthy practice.

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Anger can be an all-consuming  
bitterness that can destroy  
rational thinking.

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**HEALTHY PEOPLE RECOGNIZE  
THEIR ANGER**

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Individuals who have good people skills have developed healthy practices in dealing with anger.

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Solid thinkers do not allow anger  
to fester.

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**ANGER IS NOT CHEAP,  
ANGER IS COSTLY!**

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If unmanaged, anger can destroy  
your most personal and strongest  
relationships.

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**Mismanaged anger always demands a price. It can lead to depression, anxiety, sleep problems, abuse of alcohol, and drug addiction.**

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**“Be not quick in your spirit to become angry, for anger lodges in the bosom of fools.” (Ecclesiastes 7:9)**

For every second we remain  
angry we damage our peace  
of mind.

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**“Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted?”**

**(Genesis 4:6-7)**

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**“.....sin is crouching at your door;  
it desires to have you, but you  
must rule over it.”**

**(Genesis 4:7-8)**

**THE TRUTH ABOUT CAIN,  
ABEL, ANGER, AND  
CONFLICT**

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**1. Cain showed that anger is a destructive emotion.**

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**2. Most fits of anger will not settle down on their own.**

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**3. As anger grows, it becomes evident that it does not need much help in expanding.**

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**“He who angers you  
conquers you.”**

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