

Overcoming Anger
The Rage of Cain
Genesis 4:1-16

Ephesians 4:26-27 - Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.

- I. Recognize the source of your anger. **4:1-5****

 - 1. Remember who you are. 4:1-4
 - 2. Remember what matters. 4:5

- II. Respond to the desire of your anger. **4:6-8****

 - 1. Listen to the counsel of God. 4:6-7
 - 2. Resist the temptation to sin. 4:8

- III. Repent when you fail because of anger. **4:9-16****

 - 1. Admit your sin. 4:9-10
 - 2. Accept the consequences. 4:11-12
 - 3. Acknowledge your Savior. 4:13-16