

Quick Review

Look back from your sermon notes – Was there anything that particularly challenged you from this sermon? Anything you didn't understand, agree with or connect with?

Introduction

When you think of the word *anger*, what's the first thing that comes to mind? Is anger something you tend to express outwardly or hold inside?

Digging In

Question 1: Read Genesis 4:1-10. Pastor Jeff's first principle in this story was to deal with anger the way God wants us to, we must first **"admit when we are angry."** Why do you think most Christians tend to not admit when they are angry? What does **Ephesians 4:26** say about anger? Can you think of a time when anger clouded your judgment or led you toward a harmful response simply because you couldn't or wouldn't acknowledge your anger was there? What would have helped in that moment?

Question 2: Read Genesis 4:6, Hebrews 4:13, Mark 3:5. The second principle when it comes to dealing with anger is **"acknowledge who can help."** Our anger, even if it is always held internally, is not hidden from the sight of God. He knows we get angry and even God himself gets angry! We see in Mark 3 that Jesus gets angry with people who would rather sit around and not do good on the Sabbath. Cain was angry not because God was being unfair, but because his heart posture was wrong. How can God reveal to you when your anger comes from wounded pride, comparison to others, or unmet expectations? How is it possible for us to express our anger but allow God to help us so we don't use it for sinful purposes?

Question 3: Read Genesis 4:6-7. The last two points from the passage in tackling anger were **"address why you are angry and act how God's Word commands."** In these two verses God does a few things with Cain. God doesn't shame Cain in his anger, but counsels him in his anger. How do you allow God to counsel you in your anger? Do let God ask you questions when you're upset? God also invites Cain to master his emotions, rather than his emotions master him! Why is this so important to learn? How have you seen your emotions master or take over before?

The final warning God gives Cain (**verse 7**) is this – sin is waiting to exploit unchecked anger, and if unchecked it will ruin you. How can this challenge you in how you deal with your anger?

Praise / Prayer Requests

Pray for your group with these things in mind:

Adoration – How can I praise God for what this teaches me?

Confession – What sin can I confess because of what this teaches me?

Thanksgiving – How can I thank God for what Jesus has done?

Supplication – What do I need to ask of God in order to grow in light of this?