**Gen 4:6 Perception & Performance 5: Emotions C Anger** ©93,04,18 WF Cobb Truthbase.ne***t DailyTruthBase.blog***

6 So the LORD said to Cain, "Why are you angry? And why has your countenance fallen? 7 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/master it."

## I. Our Habits & Values create Filters/Expectations, influencing our Perceptions & Emotions, determining Performance.

**A. Anger:** irritated, frustrated, hurt, anger, rage/fury – outgrowth of unjust hurt{build-up} (how deal will result in closeness-distance)

**Message:** important rule or standard has been violated (clarify or compromise {personal stds}) *Eph 4:31 Let all bitterness, wrath, anger, clamor, evil speaking* ***be put away*** *from you, with all malice. Eph 4:26 do not sin: do not let the sun go down on your wrath,* **Ps 4**

**B.** **Master anger** or it will master you. Cain’s emotional response to the perception that his worth was undermined resulted from not doing well.

Anger Towards God: when the all-good, all-powerful, all-wise God doesn’t meet our earthly expectations on our timetable

Anger Towards Ourselves and Others: when our standards, preferences aren’t fulfilled (legitimate *{eg injustice}* or unbiblical *{eg ego}*)

Boss who makes life difficult, disorganized, unfaithful, unethical, critical, demanding, unappreciative; Evil Co-workers, Rebellious Subordinates

**C. God allows** our rights to be abused for good (eg Joseph, Jesus): To benefit **others** by highlighting their needs;

To benefit **Himself** by displaying His character thru us, grace in sustaining and transforming us, ultimate justice in vindicating and rewarding

To benefit **us** by making us less dependent on temporalities (things, people, situations) and more dependent upon him, our All in all.

**II. Consequences of Unresolved Anger:** Devil gets a foothold *(Eph 4:26; Heb 12:15)*; Prayer hindered *(1Tim 2:8)*; Specific judgment (loss of reward) from God (Eph 5:6; Col 3:6-8); Medical and Physical problems (esp Bitterness) *(Ps 32:33; 38:3; Pr 12:4; 14:30; 17:22)*; Sociological alienation - Lack of Friends *Pr 22:24 Make no friendship with an angry man; and with a furious man do not go*. Lack of peace *Pr 29:22 An angry man stirs up dissension, a hot-tempered one commits many sins*. Lack of intimacy *Pr 21:19 better to dwell in the wilderness, than with a contentious and angry woman..* *Pr 27:4 Wrath-anger is cruel-flood...(jealousy is worse!)*

**III. Anger becomes sin:** Mt 5:22 But I say: whoever is angry with his brother without a cause shall be in danger of the judgment.

when harbored in the dark (after the sun goes down); when expressed outside the Spirit's control (observed consequences: disharmony, disunity, bitterness, grudges, desire for personal vengeance or punishment, depression, *(cx righteous Lot 2Pt 2:7 vexed)* inability to pray, love *(1Jn)*, minister, etc.); when we blow up or clam up rather than 'fess up*. Pr 12:16 A fool’s wrath is known at once, but a prudent man covers shame* *Pr 14:29 He who is slow to wrath has great understanding, but he who is impulsive exalts folly.*

**IV. Admit You're Angry and Analyze Why**

*Ps 37:8 Cease from anger, and forsake wrath; Do not fret—it only causes harm Eph 4:31 ...put away... all anger*

*Pr 19:11 The discretion of a man makes him slow to anger, and his glory is to overlook a transgression.*

**Nostril Flaring Legitimate? Nose around your self-talk for the source** *Jonah 4* *"Do you do well to be ANGRY?"*

 Selfish or Perfectionist standards or expectations; Suspicion and Projection; Unyielded Self/Rights; Faulty Perspective

## Grow as the irritation contributes to your beautification/beatification/blessing

 **Go to God** for power to manifest the Fruit of the Spirit *Gal 5:22: unrequited* ***love*** *seeking to bless when cursed;* ***joy*** *independent of circumstances through choosing what’s best;* ***peace*** *in a hurricane by fixating on Him;* ***patience*** *in focusing on the beneficial outcome;* ***kindness*** *by mirroring God;* ***goodness*** *by transforming our values;* ***faithfulness*** *by loyally pursuing our purpose;* ***beneficence*** *by benefiting the needy;* ***self-control*** *by using God’s grace to reprogram our robot to take righteous baby steps to godly goals.*

 **Relinquish** Your Rights (but not your Responsibilities) by seeking God's will and not your own (death to right to self)

 **Ownership** and Outcome turned over to God in faith and trust in His sovereignty, power, love, and wisdom

 **Withhold Wrath** - leave vengeance to the sovereignty of God (but not your responsibilities).

*Rm 12:19 Don't avenge yourselves, but leave room for God's wrath, for it is written, Vengeance is mine; I will repay, says the Lord.*

## Express/Verbalize your Forgiveness and Feelings Wisely

Forgive: Yourself (1st confess), Spouse, Parents, Children, Authorities and Others for not being perfect and praise God for being so.

*Mt 18:21 Lord, how often shall my brother sin against me, and I forgive him? seven times?(cx forgiveness vs fellowship 1Jn 1)*

*Pr 29:11 A fool gives full vent to his feelings/anger, but a wise man holds them back/keeps himself under control.*

Reconcile and Relinquish

Rom 12:18 If it be possible, as much as lies in you, live peaceably with all men. Mt 5:44 Love your enemies, bless them that curse-diminish you, do good to them that hate you, and pray for them which despitefully use you, and persecute you 45 sons 46 reward

**Questions for Discussion/Reflection/Response:**

1. Does God get angry? Why and when? Can you give some examples of legitimate and illegitimate human anger?

2. Where is sin on the continuum: disappointment, annoyance, irritation, frustration, fiddlesticks, hate, #@\*&!, beheading?

3. Does a display of emotion make anger sin? Is a "cooling down" period necessary? Helpful? Biblical? (90 second rule)

4. Do legitimate causes allow, warrant, demand, justify, rationalize or excuse expressions of anger? Can pacifism be sin?

5. Is it "better" to clam up or blow up? How does "ventilating" differ from transparent communication, from truth-speaking?