

**God Doesn't Hate You  
He Hates Everything That Hurts You  
Part 3**

*In your anger, do not sin. Don't let the sun go down while you are still angry. Don't give the devil a foothold. **Ephesians 4:26-27***

*"Why are you so angry?" the Lord asked Cain. "Why do you look so dejected? You will be accepted if you do what is right. But if you refuse to do what is right, then watch out! Sin is crouching at the door, eager to control you. But you must subdue it and be it's master."  
**Genesis 4:6-7***

**2 Ways People Deal With Their Anger:**

\_\_\_\_\_ -

*Fools vent their anger, but a wise man holds it back. **Proverbs 29:11***

*A quick tempered person does foolish things. **Proverbs 14:7***

\_\_\_\_\_ -

*When I kept silent, my bones wasted away through my groanings all day long. **Psalms 32:3***

*...he became angry and refused to go in. **Luke 15:28***

My anger can be Both \_\_\_\_\_ and \_\_\_\_\_.

**Destructive Anger**

**I have to learn to**

\_\_\_\_\_

*Starting a quarrel is like breaching a dam, so drop the matter before a dispute breaks out.  
**Proverbs 17:14***

*Everyone should be quick to listen, and slow to speak and slow to become angry. **James 1:19***

## **Productive Anger**

**There are things we are supposed to be angry about and then do something about.**

Jesus: Turning over the money changers tables in the Temple

Healing a man on the Sabbath

Giving His life on the cross for our sin

“I stands all I can stands and I can’t stands no more.” Popeye