



## Dealing with Anger

Family Discussion

Draw in facial features to show this person is angry.

1



So Cain was very angry, and his face was downcast. Then the LORD said to Cain, "Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted?"

But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it."



Gen 4:5b – 7 (NIV)

2

### Discuss

- God warns Cain about his anger before he commits any further wrongdoing. What does this tell us about God's desire for repentance?
- How can we guard against letting angry feelings lead us into sin?
- Cain is warned about sin "crouching at your door". God says, "It desires to have you, you must master it." What does it mean to "master" or "rule over" sin?
- How does this warning apply to situations we face in everyday life?



3

### Pray

- Thank God for His forgiveness when we fail Him and sin.
- If you have things from which you should repent, confess them and ask for God's promised forgiveness.
- Tell God you are trusting Him for the strength to live in victory over the temptations you face every day.
- Pray for friends and family you know who are struggling with sinful actions or attitudes.



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