

**Getting A Grip  
On Anger**  
Genesis 4:1-16  
3/22/20  
Dr. Bradley S. Belcher

**Introduction** (Genesis 4:1-16)

**1. Anger in and of itself is not** \_\_\_\_\_.  
(Psalm 7:11; 1 Kings 11:9; 2 Kings 17:18; Mark 3:5;  
Ephesians 4:26)

**2. We need to remain** \_\_\_\_\_ . (Genesis 4:3-15;  
3:21; 1 Peter 5:8)

**3. We need to be** \_\_\_\_\_ **to anger.** (James 1:19-20;  
Proverbs 14:17, 29)

**4. We need to be quick to** \_\_\_\_\_ **as we**  
\_\_\_\_\_ **offenses.** (Proverbs 10:12; 12:16; 17:9;  
19:11; 1 Peter 4:8)

**5. We need to put anger** \_\_\_\_\_  
\_\_\_\_\_ **from us.** (Ephesians 4:26-27; 29-32)

We need to \_\_\_\_\_ down.

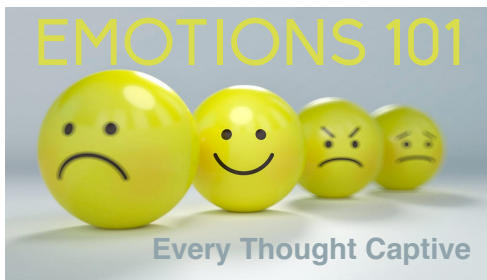
We can change our \_\_\_\_\_ about people and  
situations.

We can \_\_\_\_\_ our emotional resources.

We can positively \_\_\_\_\_ our environment for  
good.

We can \_\_\_\_\_ .  
(Isaiah 12:1-6; Psalm 126:1-3)

**Connections**



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