

A close-up photograph of a clenched fist, with the hand and forearm visible, set against a dark, textured background. The lighting highlights the skin and the tension of the muscles.

**WHY
ARE
YOU
ANGRY?**

Genesis 4:6

WHEN YOU ARE ANGRY

- Acknowledge that you are angry (Psa. 73).
- Slow down (Jas. 1:19; Prov. 12:16; 14:19; 16:32; 29:11).
- Is it right to be angry (Gen. 4:6; Jn. 9:1-2; Rom. 14; Matt. 7:1-5).
- Is it WORTH being angry (Matt. 5:38-42; 21:21; Rom. 13:1-7; 1 Cor. 6:7).
- Work to get rid of the anger (Prov. 19:11; 29:8; 30:33; Ecc. 11:10; Eph. 4:26-27; Matt. 18:15-17; Jas. 1:19; 1 Cor. 6:7).

