

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 tones and the texture of the hand.

**WHY
ARE
YOU
ANGRY?**

Genesis 4:6

ANGER IS RARELY GOOD

- There are very few passages that refer positively to the anger of any man.
- Even the place where anger is approved comes surrounded by warnings (Eph. 4:26-27, 32).
- God describes Himself as SLOW to anger 13 times (Ex. 34:6).
- We are told that “God is love” but not that “God is anger.”
- There should be no eagerness toward anger (Ecc. 7:9).



WHY ARE WE ANGRY?

- This is this first and foremost question we need to be asking ourselves (Gen. 4:6; Jonah 4:4, 9).
- Why does God get angry (Deut. 29:24-30:3)?
- We get angry for the same reason, people or things we love are harmed or threatened (Jonah 4:4, 9; Gen. 4:6).
- Are you more angry at the hurt you cause or at the hurt others cause you?

