

God's Plan of Salvation:

1. Hear - Romans 10:17
2. Believe - Mark 16:16
3. Repent - Acts 2:38
4. Confess - Romans 10:10
5. Be baptized - Acts 22:16
6. Live faithfully - Revelation 2:10

Announcements:

Sick: Mrs. Calvert, Ms. Dannels, Mrs. Douglas, Mr. Dowling (test results), Mr. Hadley, Ms. Kim (Ashley Law's mother), Angela, Connie, and Violet Law, Lamar Mathis, Mr. and Mrs. Pete Newsome, Mrs. Owens, Ms. Sowder, Ms. Ward, Mr. Winns.
Out of Town: Mr. and Mrs. Dowling.

If you would be interested in any of the following ways to study the Bible, feel free to let us know:

- Home Bible Study - We will come into your home or other place you feel comfortable and study the Bible with you. Bible questions are welcome in these studies and we will seek to give a Bible answer.
- Correspondence courses - We will be glad to mail you a correspondence lesson that you can fill out and mail back to us and we will send you the next lesson.
- Call us with your Bible question - #503-707-6014.
- Visit our website: www.oakgrovechurchofchristjenningsflorida.com
- Come and visit - We always strive to have good, practical Bible instruction at each of our assemblies.

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“Why Are You Angry?”

By Derek Long

God has created humans with the capacity to feel and express certain emotions. One emotion God has made it possible for mankind to feel and express is the emotion of anger. Most individuals have either felt and/or expressed anger at some point in their lives. One of the earliest illustrations of anger in the Bible is the anger of Cain in Genesis 4.

Genesis 4:1-2 tells of the births of Cain and Abel to Adam and Eve. The two sons eventually had somewhat different occupations. Cain tilled the ground while Abel was a keeper of sheep. Genesis 4:3-4 tells about the worship of Cain and Abel. Cain brings offerings from the fruit of the ground and Abel brings offerings from the flock. Genesis 4:4-5 tells of how God responded to their worship. God was pleased with Abel and his worship but God was not pleased with Cain and his worship. After telling us about God not respecting Cain and his offering, the text says, “And Cain was very angry, and his countenance fell” (Genesis 4:5, NKJV). Genesis 4:6-7 records God approaching Cain after he became angry. The Lord said to Cain, “Why are you angry? And why has your countenance fallen? If you do well, will you not be accepted? And if you do not do well, sin lies at the door. And its desire is for you, but

you should rule over it” (NKJV). God challenges Cain to stop and think about what has caused him to become angry. Sadly, Cain will not get his anger under control but will allow his anger to lead him to kill his brother, Abel (Genesis 4:8).

When we find ourselves getting angry like Cain did, it is good to stop and consider, “Why am I angry?” Cain appears to be angry because Abel had done the right thing and he did not (1 John 3:11-13). Do we become angry because we see others doing things we ought to be doing ourselves? Do we respond with anger toward such individuals rather than taking encouragement from them to do the right thing ourselves? Sometimes a person may get angry because they are not getting their way. Sometimes a person may get angry because of how someone else’s actions have hurt them or impacted their lives negatively. Sometimes a person may get angry because they are really upset at themselves but take out their frustration upon others. Sometimes a person will become angry when someone else rebukes them for sin (2 Chronicles 16:7-10). Much of the anger in the world around us and perhaps even in our own lives is sinful and needs to be put aside (Ephesians 4:31; Colossians 3:8; James 1:19-20). Anger is an emotion which can be felt and even expressed in a godly fashion. Jesus was angry on occasion (Mark 3:5). “God is angry with the wicked every day” (Psalm 7:11, NKJV). If God and Jesus have anger and yet are without sin, it is obviously possible to have this emotion without sinning. However, the Bible makes it very plain anger makes us very susceptible to falling into temptation and so we need to be extremely careful when we feel angry (Ephesians 4:26-27). One of the things which can help us determine

whether our anger is sinful or righteous is to honestly answer the question, “Why are you angry?”

The next part of God’s message to Cain, “And why has your countenance fallen?” (Genesis 4:6, NKJV) tells us anger changes our facial expression oftentimes. Anger can be communicated not only in words but also in our body language. Some people may attempt to hide their anger but others make it plain they are angry in the way they express themselves verbally or non-verbally.

In Genesis 4:7, God reminds Cain he has the power to change the direction he is heading. God asks, “If you do well, will you not be accepted?” (NKJV). When we find ourselves engaging in sinful anger, we need to remember we can change the way we are feeling. Sometimes the way to change how we feel is to change the actions we are engaged in. Cain would not have to be angry with God not respecting his offering if he would simply offer what God had told him to offer. It is important to remember we do not have to be enslaved to our emotions, including the emotion of anger. 1 Corinthians 10:13 teaches us, “No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it” (NKJV). God has not made it where it is impossible for us to control our emotions including the emotion of anger. We can decide to handle our anger in a godly manner or we can allow our anger to lead us down a very dark path as it did with Cain.