

# Get Over It!

## *Getting Over Your Anger*

*It's a natural response to a negative emotional stimuli. It's one of the most common emotions across humanity, and yet when it's actively expressed it's generally frowned upon by pretty much all of humanity. It's not the root of all evil, but it's at least the root cause for much of it ... probably most of it. What is it? Anger. Whether you express it proudly and loudly, or hide it behind snide comments and refusing to cooperate, those watching you express your anger from the slow burn to the fist through the wall "Tsk Tsk" in their heads. And yet ... every single one of us experiences it sometime almost every single day, at least in some measure. Since we all experience it, you just gotta wonder: How can we turn anger into some sort of an asset?*

Genesis 4:2-7

1. Anger isn't \_\_\_\_\_ ... but our response \_\_\_\_\_.
2. Chronic anger interferes with living an \_\_\_\_\_  
\_\_\_\_\_.
3. You can turn your \_\_\_\_\_ into an \_\_\_\_\_ by owning and dealing with your anger appropriately.
4. Turn your anger into an asset by remembering to: (1) \_\_\_\_\_  
(2) \_\_\_\_\_ (3) \_\_\_\_\_ (4) \_\_\_\_\_ (5) \_\_\_\_\_.

### ***My Count Me In! Commitment***

- I'll be here next Sunday
- I'll invite a friend
- I'll turn my anger into an asset
- I'll take the Anger Inventory and get help if needed  
<https://psychologytoday.com/us/tests/personality/anger-management-test-abridged>
- I'll check out Celebrate Recovery on Monday at 7 PM  
Zoom Meeting ID: 293 990 0114

# Digging Deeper

## *Get Over It! ... Getting Over Your Anger*

**Scripture:** Genesis 4:1–7

**Introduction:** I remember the day that I noticed. I'd made plans in my head and hadn't shared them with my bride. I needed the "big car" to carry some friends to an event, but when the time came to leave, she'd had errands to run and had already taken it. Normally, I'd have gone from a short fuse fume to an incendiary fourth of July mortar, but not only didn't it happen, I realized I wasn't even terribly annoyed. Instead, I had turned what would have been a marital fight into a simple problem that needed to be solved. No emotional baggage. No flare ups. Nada. That's when I realized that the ball of rage I had kept under lock and key longer than my whole adult life had completely dissipated. Gone. Sure, I still get angry, but exploding isn't a part of my life anymore. It turns out, anger doesn't have to be the driving force in your life if you don't want it to.

1. Read Genesis 4:2–7. Why do you think Cain became so angry?
2. What do you think made Abel's offering acceptable and what made Cain's offering unacceptable?
3. Dr. Bill pointed out there were three behavioral responses to anger: Passive Aggression; Open Aggression; and Assertive Anger. Which do you think is your go-to response? If you're not 100 percent sure, ask a close friend which one they see as your go-to response.
4. Some experts have said that anger is a "covering" emotion, that is, it is a response to some negative emotional experience. In other words, when we feel anger, there is always something going on emotionally that has triggered the flare up. What are some of the negative emotions that cause you to become angry?
5. Read Genesis 4:8–16. Anger doesn't have to lead to sin, but it sometimes does (or often does). What are some of the consequences of anger that turns sinful?
6. Read Genesis 4:7. What are you doing to ensure your anger doesn't allow the crouching sin to spring on you and cause you to lose your witness?
7. Dr. Bill suggested that we can turn our anger into an asset. What would it take to channel your anger into something productive?

**Next Week:** Hurts, Habits, and Hang-ups. How Can We "Get Over Our Addictions"?