

SERIES: I'M NOT ANGRY!

Part 1: What's Your Type

*"A person without self-control is like a city with broken-down walls." Proverbs 25:28*

*"A fool is quick-tempered, but a wise person stays calm when insulted." Proverbs 12:16*

*"Better to be patient than powerful; better to have self-control than to conquer a city." Proverbs 16:32*

I. Four ways people can use \_\_\_\_\_ to \_\_\_\_\_ their anger:

A. The \_\_\_\_\_ - Example: Cain

*"<sup>5</sup>But God did not accept Cain and his gift. This made Cain very angry, and he looked dejected.... <sup>8d</sup>Cain attacked his brother, Abel, and killed him." Genesis 4:5 & 8d*

B. The \_\_\_\_\_ - Example: Jeremiah

*"<sup>17</sup>I never joined the people in their merry feasts. I sat alone because Your hand was on me. I was filled with indignation at their sins. <sup>18</sup>Why then does my suffering continue? Why is my wound so incurable? Your help seems as a seasonal brook, like a spring that has gone dry." Jeremiah 15:17-18*

Horizontal lines for taking notes.

