**FOOTHOLDS #2**

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**THREATS AND VULNERABILITIES: UNRESOLVED ANGER**

Call Study – Jason Park

*“and do not give the devil a foothold.”* **Eph. 4:27**

Now Abel kept flocks, and Cain worked the soil. 3In the course of time Cain brought some of the fruits of the soil as an offering to the Lord. 4And Abel also brought an offering—fat portions from some of the firstborn of his flock. The Lord looked with favor on Abel and his offering, 5but on Cain and his offering he did not look with favor. So Cain was very angry, and his face was downcast. 6Then the Lord said to Cain, “Why are you angry? Why is your face downcast? 7If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it.” 8Now Cain said to his brother Abel, “Let’s go out to the field.” While they were in the field, Cain attacked his brother Abel and killed him.

9Then the Lord said to Cain, “Where is your brother Abel?” “I don’t know,” he replied. “Am I my brother’s keeper?” 10The Lord said, “What have you done? Listen! Your brother’s blood cries out to me from the ground. 11Now you are under a curse and driven from the ground, which opened its mouth to receive your brother’s blood from your hand. 12When you work the ground, it will no longer yield its crops for you. You will be a restless wanderer on the earth.” **Gen. 4:2-12**

**THE DANGER OF UNCHECKED EMOTIONS**

**DISTORTS OUR PERSPECTIVE**

So Cain was very angry, and his face was downcast. 6Then the Lord said to Cain, “Why are you angry? Why is your face downcast? **Gen. 4:5**

Whoever is patient has great understanding, but one who is quick-tempered displays folly. **Prov. 14:29**

**CREATES OPPORTUNITY FOR TEMPTATION**

**14**but each person is tempted when they are dragged away by their own evil desire and enticed.**15**Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. **Jam. 1:14-15**

**LEADS TO DESTRUCTIVE BEHAVIOR WITH LASTING CONSEQUENCES**

Now Cain said to his brother Abel, ‘Let’s go out to the field.’ While they were in the field, Cain attacked his brother Abel and killed him. **Gen. 4:8**.

**CAUSES SEPARATION FROM GOD**

10-12God said, “What have you done! The voice of your brother’s blood is calling to me from the ground. From now on you’ll get nothing but curses from this ground; you’ll be driven from this ground that has opened its arms to receive the blood of your murdered brother. You’ll farm this ground, but it will no longer give you its best. You’ll be a homeless wanderer on Earth.” 16Cain left the presence of God and lived in No-Man’s-Land, east of Eden. **Gen. 4:10-12, 16 MSG**

How has your anger resulted in a bad decision?

Describe your feelings after you got angry and made some not-so-great decisions.

Are you angry with someone or about something today?

**HOW DO WE HANDLE ANGER**

**ACKNOWLEDGE YOUR ANGER AND ASK WHY?**

Then the Lord said to Cain, “Why are you angry? Why is your face downcast?” **Gen 4:6**

In your anger do not sin”: Do not let the sun go down while you are still angry, **27**and do not give the devil a foothold. **Eph. 4:26-27**

**PRACTICE SELF-CONTROL**

**19**My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, **20**because human anger does not produce the righteousness that God desires. **Jam. 1:19-20**

The fruit of the Spirit is … self-control. **Gal. 5:22-23**

**SUBMIT YOUR ANGER TO GOD**

If you do what is right, will you not be accepted? **Gen. 4:7**

Be angry and do not sin; ponder in your own hearts on your beds and be silent. **Psalm 4:4**

**SEEK RECONCILIATION**

**23**“Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, **24**leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

**Matt. 5:23-24**

**RULE OVER SIN**

Sin is crouching at your door; it desires to have you, but you must rule over it. **Gen. 4:7**

How do you pause for a moment to ask, “Why am I angry”?

What is something you are angry about that needs submission to God?

Do you have a relationship with someone that needs forgiveness and reconciliation?

How can we pray for you?

**2025 READING PLAN**

New Testament/Psalms/Proverbs

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