

## Don't Get So Mad About It

Have you ever gotten so mad at someone that you said something you could not take back? Did you act out on your anger? Did you consider the hurt you may have caused someone else because you were mad? Have you been there or are you there now? Don't you know that people will push your button if you allow it? Control by the Holy Spirit of this negative mindset is very important. Anger is anger and God does not approve of it at any level. Sure He will allow us to get upset, but once we are through having our pity party, He tells us that we will suffer the consequences if we respond out of our anger. Let us review how this same scenario occurred with Cain.

**Genesis 4:3-16 NLT** – (3) When it was time for the harvest, Cain presented some of his crops as a gift to the Lord. (4) Abel also brought a gift—the best of the firstborn lambs from his flock. The Lord accepted Abel and his gift, (5) but he did not accept Cain and his gift. This made Cain very angry, and he looked dejected. (6) “Why are you so angry?” the Lord asked Cain. “Why do you look so dejected? (7) You will be accepted if you do what is right. But if you refuse to do what is right, then watch out! Sin is crouching at the door, eager to control you. But you must subdue it and be its master.” (8) One day Cain suggested to his brother, “Let’s go out into the fields.” And while they were in the field, Cain attacked his brother, Abel, and killed him. (9) Afterward the Lord asked Cain, “Where is your brother? Where is Abel?” “I don’t know,” Cain responded. “Am I my brother’s guardian?” (10) But the Lord said, “What have you done? Listen! Your brother’s blood cries out to me from the ground! (11) Now you are cursed and banished from the ground, which has swallowed your brother’s blood. (12) No longer will the ground yield good crops for you, no matter how hard you work! From now on you will be a homeless wanderer on the earth.” (13) Cain replied to the Lord, “My punishment is too great for me to bear! (14) You have banished me from the land and from your presence; you have made me a homeless wanderer. Anyone who finds me will kill me!” (15) The Lord replied, “No, for I will give a sevenfold punishment to anyone who kills you.” Then the Lord put a mark on Cain to warn anyone who might try to kill him. (16) So Cain left the Lord’s presence and settled in the land of Nod, east of Eden.

Observing the scriptures, you will notice that in verse (3-4) Cain and Abel both brought gifts to God, but only Abel brought his best and that’s why God in verse (5), rejected Cain’s gift. Notice in verses (6-7), Cain is receiving a personal consultation from God! My brothers and sisters, if you have a conscience, you have experienced those personal consultations as well. But many of us refuse to listen to God and we stay angry and resentful! That’s what causes the actions to take place in verse (8). God asked Cain where is his brother? (Let us never forget, God is omniscient meaning He knows everything!) Cain lies to God and displays a little attitude “am I my brothers keeper” From verses (10-12) God announces his punishment. In verse (13-14) Cain cries out for self pity. God shows His mercy in verse (15), but the punishment never changed. Cain leaves God’s presence hurt. If only he had listened to the instructions God gave him in verse (7). But just like Cain, we want to walk around mad! There are many sins discovered in the previous passages, such as envy and jealousy. Let’s review what God has to say about anger.

A short-tempered man is a fool. *It's in the Bible*, Ecclesiastes 7:9, Proverbs 19:11, and 16:32, TLB. "Don't be quick-tempered—that is being a fool." "A wise man restrains his anger and overlooks insults. This is to his credit." "It is better to be slow-tempered than famous; it is better to have self-control than to control an army." Get over anger quickly. *It's in the Bible*, Ephesians 4:26-27, TLB. "If you are angry, don't sin by nursing your grudge. Don't let the sun go down with you still angry—get over it quickly; For when you are angry, you give a mighty foothold to the devil." Don't fight back when wronged. *It's in the Bible*, I Peter 3:9, TLB "Don't repay evil for evil. Don't snap back at those who say unkind things about you. Instead, pray for God to help them, for we are to be kind to others, and God will bless us for it."

My brothers and sisters, don't let anyone steal your joy! Adhere to the same instructions God gave Cain and don't you get so mad about it.

SCRIPTURE READING  
PROVERBS 30:33

THOUGHT FOR THE WEEK  
Swallow your pride, it's not fattening.