

GOD'S MESSAGE IN YOUR EMOTIONS
(Tracing Emotional Pain to Victorious Living)

THE ROOT OF ANGER

Jonah 4:1-4 Jeff Schreve

Q. What is God's message in the emotion of anger?

A. Your desire for control is being threatened.

How can you silence the smoke alarm of your anger?

1. Remember that God is in control.

*He who is the blessed and only Sovereign, the King of kings
and Lord of lords. 1 Timothy 6:15*

A. The Lord calls all the shots.

*Whatever the Lord pleases, He does, in heaven and in earth,
in the seas and in all deeps. Psalm 135:6*

B. The Lord does things that don't make sense to us.

*"For My thoughts are not your thoughts, neither are your ways My
ways," declares the Lord. For as the heavens are higher than the
earth, so are My ways higher than your ways, And My thoughts
than your thoughts." Isaiah 55:8-9*

C. The Lord never makes a mistake.

*And they were utterly astonished, saying, "He has done all
things well." Mark 7:37*

2. Remember to choose God's grace over your control.

A. God wants to help you with your anger.

*And the LORD said, "Do you have good reason to be angry?"
Jonah 4:4*

*Then the LORD said to Cain, "Why are you angry? And why has your
countenance fallen? If you do well, will not your countenance be
lifted up? And if you do not do well, sin is crouching at the door; and*

its desire is for you, but you must master it.” Genesis 4:6-7

B. God wants you to humble yourself.

God is opposed to the proud, but gives grace to the humble. Humble yourselves, therefore, under the mighty hand of God, that He may exalt you at the proper time. 1 Peter 5:6-7

C. God wants you to forgive those who have hurt you.

*For if you forgive men for their transgressions, your heavenly Father will also forgive you. But if you do not forgive men, then your Father will not forgive your transgressions.
Matthew 6:14-15*

D. God wants you to choose His grace.

And He has said to me, “My grace is sufficient for you, for power is perfected in weakness.” 2 Corinthians 12:9

Are you willing to yield to the King?