

What the bible says about.....

Prayer

I. How do we pray?

Vocabulary:

Pattern: a model to imitate

hallowed: holy; to show reverence or respect

adoration: to show honor, to worship

deserves: entitled to, is worthy of

perspective: view/ how you look at something

enhancing: increasing/making it greater

spared: to be saved from

transformed: changed

petitions: asking God for things that we need or want

overcome: to be successful against a difficulty

Jesus has given us the recipe for prayer: The Lord's Prayer. Does this mean that this is the only prayer that we should pray? No, but it gives us a pattern for our prayers.

A. Acknowledge who God is

- "Our Father in heaven"

The Lord's prayer begins with "Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven." First, we acknowledge who God is. He is our Father. In Psalm 103, we read that God is like a father who is tender and kind to his children. Our relationship with God is a personal one. He is not a distant God. He is a father that we talk to. We run to him when we are hurt. We bring him our joys and sorrows. He is our Father because he made us. Jesus called God his Father. In John 14, we read that the Father and Jesus will make their home with those who love and obey Jesus.

Read Matthew 6:9-10 (page 1034), Psalm 103:13 (page 642), Isaiah 64:8(page 802), Luke 10:22 (page 1103), John 3:35 (page 1128), John 14:23 (page 1144)

- "Hallowed be your name."

God is our Father but He is also our Creator. "Hallowed be your name" means that we should show respect to God. Our Father God created everything on earth and in heaven. He deserves our praise and adoration. We should show honor to God for all that He has done for us. In I Chronicles, we read a prayer that David said at the end of his life. He begins this prayer with praise. He praises God for his power, glory, and majesty. He acknowledges that everything in heaven and on earth belongs to God.

We should acknowledge God and give him praise. This helps us focus our attention on God and away from ourselves. It helps us to view our problems and needs in the correct perspective.

Read Exodus 15:2 (page 69), 2Samuel 22:47 (page 347), Psalm33: 6-8(page 594), I Chronicles 29:10-13 (page 457)

- "Your kingdom come"

What does Jesus mean by "Your Kingdom come"? Jesus talks a lot about the Kingdom of God or the Kingdom of Heaven. At the beginning of Jesus' ministry, he says that the kingdom of heaven is near. Jesus describes this kingdom as a treasure and a pearl of great price. God gives us this kingdom through Christ but we must put God's kingdom first in our lives.

Read Matthew 4:17 (page 1032), Matthew 13:44-46(page 1044), Luke 12:31-34(page 1107)

So what is this "kingdom" and what are we praying for? There are three different parts to praying for God's kingdom: internal, external, and future. When we ask forgiveness and accept Christ as our Savior, we receive God's kingdom in our lives. This is the internal kingdom of God.

We should pray for the presence of God's kingdom in other people. We should pray for the salvation of others. Salvation through Jesus is a free gift for everyone who believes in the good news of God's kingdom. In parables, Jesus describes God's kingdom as something small which grows to a large size. As we share Christ with others and pray for their salvation, we are enhancing the growth of God's kingdom.

The last part of praying for the Kingdom is when we pray for Christ's return. God's kingdom is an everlasting kingdom. It is here and now and yet it is forever. Jesus promised that He will come again. When Jesus returns, there will be a new heaven and a new earth. God will establish his kingdom forever. When we pray for God's kingdom to come, we are in agreement with God's plan. Come, Lord Jesus.

Read John 3:3-8(page 1127), Matthew 21:31-32(page 1053), Acts 8:12(page 1162), Luke 13:18-21(page 1109), Daniel 4:3 (page 949), Isaiah 66:22 (page 806), Rev. 11:15(page 1307)

- "Your will be done, on earth and it is in heaven."

Praying with our focus on God's will is an important part of our prayer time. Jesus promises that if we put God's kingdom first, we will receive everything that agrees with God's will. He prayed that he would be spared from suffering on the cross. But Jesus wanted God's will more than his own desire.

Sometimes we don't know how to pray for God's will in our lives. We want God to magically tell us what His will is. However, we have the key to understanding God's will living within us. The Holy Spirit gives us wisdom and knowledge about God. As we continue to spend time in God's word, we are transformed by the Holy Spirit. We begin to understand God's desire and will for our lives.

Read Matthew 26:39-42(page 1060), Mark 14:36 (page 1083), Colossians 1:9 (page 1245), Romans 8: 26-27 (page 1195), Romans 12:2 (page 1199)

Questions

1. How does the Lord's Prayer help us?
2. What is our relationship to God?

3. What does "hallowed be your name" mean?

4. What are the three parts to God's kingdom? Explain each.

5. Why is Jesus the best example of following God's will?

6. What or who is the key to understanding God's will?

B. Our petitions

"Give us today our daily bread. Forgive us our sins, just as we also have forgiven those who sin against us. Keep us from falling into sin when we are tempted. Save us from the evil one."Matt. 6:11-13

- "Give us today our daily bread."

Our Father God made the world and everything in it. He made us and gave us our very breath. He has given us everything that we have and need. When we read the Old Testament, we see that God provided for the people of Israel. He gave them a land that was rich and had plenty of food. Even when the people of Israel were disobedient, God still gave them manna (bread) from heaven.

Read Acts 17:24-25(page 1174), Deuteronomy 8:7-11(page 194), Exodus 16:12 (page 71)

Jesus' first miracle shows how much Jesus cares about even our smallest needs. Jesus attended a wedding with his mother and his disciples. During the wedding, they ran out of wine. Jesus made wine from jars of water. Jesus spent his ministry on earth meeting the needs of the people he met. He healed the sick and raised the dead. He provided food for 5000 people using 5 loaves of bread and 2 fish.

From these examples we can see how much God has given us. Jesus' example shows us how much God truly cares about our needs. Jesus tells us that our Father knows exactly what we need. He wants us to ask God for our needs.

Read John 2:1-11(page 1126), Luke 6:18-19(page 1096), Luke 9:12-17(page 1101), Matthew 6:31-32(page 1035), Matthew 7:7-8 (page 1035)

Jesus provides us with our daily spiritual bread. He is the bread of life and through Him we have eternal life. When we trust in Jesus, we are satisfied. Our thirst is also satisfied. Jesus gives us living water which leads to eternal life.

Read John 6: 35-51(page 1132), John 4:7-14(page 1128)

- "Forgive us our sins, just as we also have forgiven those who sin against us."

We were separated from God because of our disobedience. But God sent His Son Jesus to pay for our disobedience. God sent Him as a free gift to anyone

who will believe in Him. Because of Jesus, our sins are forgiven. Even after we accept Christ, we sometimes chose to disobey God. But God remains faithful. If we admit that we sinned, God will forgive us. This is a wonderful promise and one that we need to remember. We should never be afraid to go to God and ask for forgiveness. Also, we can have the strength and encouragement of other believers. We should not only pray for our own sins but also the sins of our brothers and sisters in Christ.

Read Romans 3:23-25 (page 1191), 2 Corinthians 5:21(page 1222), I John 1:9(page 1291), James 5:16(page 1282)

One important commandment that Jesus gave us is that we should love one another. When we truly love someone, we forgive them. Peter says that love erases sins by forgiving them. Peter knew about forgiveness because Jesus talked to him about it. Peter asked Jesus how many times he should forgive his brother. Peter thought he was being good by saying seven times. But Jesus said 77 times. By saying this, Jesus meant that we should never stop forgiving. Jesus told a parable about a master and his servant. When the servant couldn't pay his master, he forgave him the debt. But the servant would not forgive his fellow servant. When the master found out, he was angry. This shows us that it is very important to God that we forgive each other.

Read I Peter 4:8(page 1286), Matthew 18:21-35(page 1049)

- Keep us from falling into sin when we are tempted. Save us from the evil one.

Temptation will happen. We will be tempted everyday in many ways. When Jesus came to earth in human form, He never sinned. But Jesus was tempted. In fact, the devil himself tried to tempt Jesus. This gives us comfort. Since Jesus experienced temptation, we know that He understands our difficulties. In fact, Jesus showed us a way to overcome temptation. Every time Satan tempted Jesus, Jesus responded by quoting scripture.

Read Matthew 4:1-11(page 1031), Hebrews 2:18 (page 1268), Hebrews 4:14-16(page 1269),

We are tempted by many things: the desire for money, the desire to buy things, the desire to fit in with other people, and our own longings and desires. But

the bible promises that we will never be tempted beyond what we can endure. God has given us a way to endure temptation. He has given us His Holy Spirit and the scriptures.

Read Job 36:18(page 569), I Timothy 6:9-10(page 1258), Prov.1:10-14(page 673), James 1:14 (page 1279), I Cor. 10: 13(page 1211)

Sometimes we forget that the devil does exist. But he is real. He tempted Jesus and he tempts us. But always remember that God is greater and Satan has already been defeated.

Read I Chronicles 21:1 (page 447), John 13:2(page 1142), I Thess. 3:5 (page 1250), I John 4:4(page 1293)

When we pray then, we are praying to our Father who deserves our praise and worship. We should pray for God's kingdom to come in the hearts of all people and that Jesus would come soon. We pray for our needs knowing that God will provide everything. We should pray for forgiveness of our sins as well as the sins of others. We must always remember to forgive other people because God has forgiven us. And we should pray that God will keep us from yielding to temptations. We know that God has given us the Holy Spirit to strengthen us.

Questions

1. How did God provide for the people of Israel?
2. What are some things that Jesus did on earth that show that He cares about our needs?
3. Why are our sins forgiven?
4. When we sin, what should we do?

5. What did Jesus say about forgiving other people?

6. Why does Jesus understand our temptation?

7. What has God given us to overcome temptation?

II. Attitude in prayer

Vocabulary:

regardless of: not thinking about

circumstance: what happens in life

persistent: to keep on or continue to do something

host: a person giving a party or providing housing for someone

curse: to wish or want something bad to happen to someone or something

teaching moment: something happens that people can learn from

A. Thankfulness

As we pray, we should have an attitude of thankfulness. In Philippians, we read that we should pray, ask, and give thanks to God. When we give thanks, God promises to give us peace in our hearts and minds. We should be thankful regardless of our circumstance for this is God's will for us.

Read Colossians 4:2 (page 1247), Philippians 4:6-7(page 1244), 1Thessalonians 5:17-18 (page 1251)

B. Persistent

Jesus tells us to ask, search, and knock. We should ask and continue to ask God for our needs. We should search and continue searching for God's will. God wants us to be persistent in prayer. In Luke 11, Jesus tells a story about a persistent man. A man had a visitor late at night. To be a good host, the man must provide food for his visitor. But he had no food. The man went to his neighbor at midnight to get some bread. His neighbor said no but the man continued to ask. Finally, the neighbor gave the man some bread. Jesus said that the neighbor helped because the man kept asking. Jesus tells a similar story in Luke 18. This story is about an unfair judge. A widow begged the judge to help her. She kept asking until he agreed to help. The judge was not a fair man but he helped. We know that our Heavenly Father who loves us will listen and help.

Elijah was one of God's prophets. He was persistent in his prayers. He prayed hard or continuously that it would not rain. It did not rain for 3 1/2 years. He prayed again, and the rain came.

Why is it important to be persistent? God knows what we need or want before we do. We don't need to talk God into helping us. He loves us and wants what is best for us. When we pray with persistence, we are the ones that change. Our relationship with God becomes deeper.

Read Matthew 7: 7-8 (page 1035), Luke 11: 1-13(page 1104), Luke 18: 1-8 (page 1114), James 5: 16-17 (page 1282)

C. Believe

When we pray, we must believe that God will answer. A man came to find Jesus. He had a son who was controlled by evil spirits. The man said to Jesus, "If you can do anything, please help us." Jesus replied that if you believe, all things are possible. This scripture is not about prayer. But it shows us the importance of believing in God.

Jesus was walking with his disciples. He put a curse on a fig tree and it died. Peter saw it and told Jesus. Jesus used this as a teaching moment. He said that if you pray for something, believe and don't doubt. Then you will receive it. James also talks about not doubting when we pray. James compares a person who doubts to the waves on the sea. The wind blows the waves around. A person who doubts can't make up his mind and doesn't believe that God can answer.

Read Mark 9:17-24 (page 1075), Mark 11:20-26 (page 1079), Matthew 21:21-22 (page 1052), James 1:6 (page 1279)

So, when we pray, we should have an attitude of thankfulness. We should thank God for His creation and for all He has done in our lives. We should not be afraid to ask and keep on asking. God wants us to be persistent in our prayers. Finally, we should believe that God hears and will answer our prayers. We should pray with no doubts. We must believe that with God all things are possible.

Questions

1. What does God promise when we thank him?

2. Why did the neighbor finally help his friend? What about the judge?

3. Why is it important to be persistent in prayer?

4. What did Jesus say to the man whose son had an evil spirit?

5. Jesus said that if you pray for something _____.

III. Examples of answered prayers

Vocabulary:

God's timing: the time that God knows is best for us.

role: job or duty

preparing: getting ready for something

ultimately: finally

We can be sure that when we pray God hears us. We can see this in the scriptures as well as our own lives. In the book of Acts, King Herod arrested Peter and put him in prison. While he was in prison, many believers prayed for Peter. In answer to prayer, an angel appeared to Peter in prison. The angel led Peter out of the prison and into the city. Peter went to the house where his friends were praying for him. Even though they had been praying for Peter, they were still amazed to see him. This shows us that it is important for us to pray for others.

Read Acts 12: 5-17 (page 1167)

Sometimes the answers to our prayers are delayed. It is not because God doesn't care but it is because God's timing is the best. Two men who had to wait for answers to prayer were Abraham and Zacharias. Both men and their wives prayed for children. In both cases, the couples were very old when God answered their prayers. God gave Isaac to Abraham and Sarah at the perfect time. In answer to prayer, God gave Zacharias and Elizabeth a son. His name was John who became John the Baptist. John had an important role in preparing the people of Israel for Jesus' coming.

Read Genesis 21: 1-7 (page 18), Luke 1: 13-17 (page 1087)

Sometimes the answers to our prayers are different than we expect. Solomon asked God for wisdom. He didn't ask for wealth or long life. God was very please with Solomon's request. God responded by giving Solomon not only wisdom but also riches and honor. Sometimes we ask that an illness or difficulty be removed from our lives. Paul had some physical problem that caused him pain. He prayed that God would take it away. But God used this weakness to show that it was God's power working in Paul's life. God uses our weaknesses to show His strength. If we could do everything ourselves, we would never depend on Jesus.

Read 1King 3:7-14 (page 354), 2 Corinthians 12: 7-10(page 1227)

God knows our needs and will answer our prayers. Sometime God seems to take a long time to answer our prayers. But God's timing is always perfect. He knows things that we cannot understand. We need to trust in God's perfect timing. Sometimes God chooses to answer in a way that is very different. But ultimately, God knows what is best for us.

Questions

1. When we pray, what happens?
2. What does Peter's story tell us?
3. Why are the answers to our prayers sometimes delayed?
4. Why was the delay in John's birth important?
5. Why didn't God take away Paul's physical problem?

What the bible says about

worry

I. Don't worry

Vocabulary:

repeatedly: many times

basic needs: things that are required for us to live.

nourishment: things for life (basic needs)

creation: all things that God created

depression: feeling of sadness

rebuke: to tell someone that they are wrong

anxious: to worry

Jesus told his disciples repeatedly not to worry. In Matthew 6, Jesus says not to worry about our lives, food, drink, and clothes. These are our basic needs. Remember that in the Lord's Prayer, we pray "give us this day our daily bread". Our heavenly Father will supply all our needs. We don't have to worry about them.

Remember that God loves us and wants what is best for us. The God of creation takes care of birds and plants. He provides nourishment for all His creation. But He loves us even more. He loves us so much that God sent His son to die for us. Of course He will meet our every need.

What do we gain by worrying? Nothing!

Read Matthew 6: 25-32 (page 1035)

II. What do we lose by worrying?

When we worry, we become upset and we lose peace. When we worry, it can lead to depression. Jesus promises to give peace to anyone who trusts in Him. When we truly trust Jesus, we believe His promises for our lives. When we trust in Him, God promises to give us the strength that we need. When we truly trust, we don't worry.

Read Proverbs 12:25 (page 685), Isaiah 26:3 (page 754), Isaiah 30:15 (page 760)
John 14:27 (page 1144)

III. Faith

Worry indicates a lack of faith. In Jeremiah 17, we read about people who trust in themselves. They depend on human strength instead of God's strength. Their lives are full of problems and worries. But people who trust in God will not be afraid and will not worry when difficulties come.

There were many times when the disciples started to worry. In Matthew 8, we read that Jesus and his disciples were in a boat on a lake. A terrible storm came and the disciples were afraid. On another occasion, the disciples were again in a boat in a storm. Jesus walked on the water to meet them and they were afraid. When Peter tried to walk to Jesus, he stopped looking at Jesus and began to sink. Jesus' response to the disciples was to rebuke them for their lack of faith. Just like Peter, when we take our eyes off Jesus we begin to worry.

Read Jeremiah 17:5-8 (page 831), Matt. 8: 23-27(page 1037), Matt. 14: 22-31 (page 1045)

IV. How can we keep from worrying?

Jesus says that we should put God first. When we trust God and seek His will, we are less anxious. What did King David do when he was anxious? He prayed to God. We can see this throughout the book of Psalms. What did Paul do when he faced times of trouble? He trusted God to deliver him. What did Jesus do when He was anxious? Before Jesus was arrested, He went to a garden to pray. He was deeply troubled but He prayed that God's will be done.

Read Matt 6:33-34 (page 1035), Psalm 34:4-6 (page 594), 2Corinthians 1:8-10 (page 1219), Matt. 26:37-39 (page 1060)

So when we are anxious and worried, we need to pray. We need to trust that God will direct our paths. But remember in our prayers, we should always be thankful. Part of the problem with worry is that it is an emotion and we let our feelings control us. We need to focus our minds on things that are true and good.

Read Proverbs 3:5-6 (page 675), Phil 4:6-8 (page 1244)

Questions

1. Why should we not worry about our needs?
2. What do we lose by worrying?
3. What does worry indicate?
4. What happens when we take our eyes off Jesus?
5. What did King David, the apostle Paul, and Jesus our Lord do when they were anxious or upset?
6. How can we keep from worrying?

What the bible says about...

love

I. The very nature of God is Love

Vocabulary:

unconditional: nothing is required

passive: no action or movement

commandment: law or rule

parable: a story that uses everyday examples to understand God's message

soil: ground

related to: similar or like

mended: fixed something - to make it better

wounds: sores, injuries

courteous: thinking of others first, polite

mirror: reflect

God is love and His love is unconditional. His love will never end. God put His love into action. God sent His only Son to earth to die for our sins. God demonstrates to us that love is not an emotion. Love is a choice of behavior. It is active not passive.

Read Psalm 106:1 (page 645), Psalm 118: 29(page 654), I John 4:9-10 (page 1293)

II. Love the Lord your God

A Pharisee asked Jesus which was the most important commandment. Jesus said that the most important commandment was to love God above anything else. We must love God with our hearts. We must love God in our thinking (mind). We must love God with our whole being (soul).

God knows us so well that He even knows our hearts. God wants our hearts to be obedient to Him. Jesus told a parable about soils which are related to human lives. Good soil stands for people who accept Jesus and love God. They keep God's word in their hearts and are faithful.

Read Matt. 22: 34-38(page 1054), Psalm 33:15 (page 594), Ezekiel11:19(page 898), Ezekiel 36:26 (page 930), Luke 8:15(page 1099)

God also wants our minds to be obedient to Him. When we love God, we allow Him to rule over our minds. We need to allow the Holy Spirit to control our thoughts.

Read 1Chronicles 28:9(page 456), Psalm 19:8(page 586), Romans 8:6(page 1194), Romans 9:1(page 1196)

When we look at the Ten Commandments, we can get an idea of what loving God means. When we love God, He is the only God we worship. We worship God and show our love for Him by obeying Him. Loving God means to honor His name. The world uses God's name as a curse but we should use His name with respect.

Read Deut. 5: 7-15(page 191), Deut. 6:13(page 192), Deut. 13:4(page 199)

III. Love your neighbor

Jesus also said that there was a second important commandment. This commandment is to love your neighbor as you love yourself. In the Ten Commandments, commandments 5 through 10 are about loving other people. If you truly love someone, you would not kill them. You would not hurt your spouse by committing adultery. You would not steal or tell lies. To love a person means to want what is best for them.

Read Matt. 22: 39-40 (page 1054), Deut. 5: 16-21(page 191)

Who are our neighbors? Are they only people that we know? Are they only people that we like? Jesus said that we should love both our neighbors and our enemies. We should pray for the people who hurt us. It is easy to love people that return your love. But we should follow Jesus' example. When Jesus was on the cross, He prayed for the people who were putting Him to death.

Read Matt.5: 43-48 (page 1034), Luke 23: 32-35 (page 1122)

What does loving your neighbor look like? Jesus illustrates this in the parable of the Good Samaritan. A Jewish teacher of the law asked Jesus how to receive eternal life. Jesus asked him what the law said. The man replied correctly. He said, "Love the Lord your God ... and love your neighbor." But then he asked Jesus who his neighbor was. Jesus told the story of the Good Samaritan. A Jewish

man lay beaten and near death. Jewish leaders saw the man but didn't help. Instead they passed by on the other side of the street. A man from Samaria saw the injured man. He stopped and mended the man's wounds. He took the injured man to an Inn and paid for him to stay. The Samaritan gave up his time and money to help a stranger. Even more importantly, this injured Jewish man was an enemy to the Samaritan man but he chose to help him.

Read Luke 10: 25-37(page 1103)

IV. Love: a change in our behavior and attitude

Love is not only a behavior, it's also an attitude. When we read about love in I Corinthians 13, we find that there are some attitudes that show love and some that don't. When we love, we show it by being patient and kind to others. We should always think of others as more important than ourselves. We should be courteous and humble. We shouldn't get angry easily but instead we should easily forgive others.

As we seek to love like Christ, we begin to mirror His love. His love never fails. As we love, we grow in our faith and trust. We don't give up because we know where our hope is found.

Read I Corinthians 13: 1-13 (page 1214)

V. How do we change?

We want to love others, we want to love God but how can we do this successfully? First, Jesus promised to send us the Holy Spirit to give us power. We are no longer ruled by the power of sin. We are ruled by the power of the Holy Spirit. Many times we don't take the time to listen to the Holy Spirit. Then we respond without thinking about what God wants.

Read Acts 1:8 (page 1153), Romans 8:9(page 1194), 2 Corinthians 3:6(page 1220), 2 Corinthians 6:6(page 1222)

Jesus tells us in John 15 that He is the vine and we are the branches. Just as the branches are attached to the vine, we must remain attached to Jesus. We can do nothing without Jesus, including loving others. We must remain in His love.
Read John 15: 5-17 (page 1144)

Questions

1. How did God put His love into action?
2. What is the most important commandment?
3. What do the Ten Commandments tell us about loving God?
4. What is the second most important commandment?
5. What do the Ten Commandments tell us about loving others?
6. What does Jesus tell us about loving others? What was His example?
7. What kinds of attitudes or behaviors show love to others?

What the bible says about...

anger

I. Acceptable anger: anger against sin

Vocabulary:

righteous: to be perfect before God

calf: baby cow

overturned: turned the tables over

harm: hurt

retaliate: hurt someone because they hurt you

get even: do the same hurtful thing (retaliate)

overcome: have victory, win

humiliated: to make someone feel worthless

taunts: mocking words, making fun of someone

hold against: blame

refute: oppose

God is Holy and shows righteous anger against sin. God becomes angry when people do evil things. He shows anger to those who are selfish and continue to choose evil over good.

Read Psalm 7:11(page 578), Romans 1:18(page 1188), Romans 2:5-9 (page 1189)

Moses was called the humblest man on earth. But he spoke in anger when the people of Israel worshiped a golden calf. When Moses went to the mountain to get the 10 Commandments from God, the people of Israel became impatient. Aaron helped the people build a golden calf to worship. When Moses returned and saw the calf, he became very angry.

Even Jesus became angry when He saw people buying and selling in the temple. When Jesus went to the temple in Jerusalem, he saw people selling cattle and sheep. He chased the animals and people out using whips. Jesus also overturned the tables of people exchanging money. Jesus was angry that the people turned the holy temple into a market place.

We call this type of anger "righteous anger". This anger results from an action or behavior that is against God.

Read Exodus 32:1-5,19-20 (page 87),Numbers 12:3 (page 151), John 2:14-16(page 1127)

II. The problem with anger

Is it okay to be angry? Of course, anger is a normal response. But as Ephesians 4: 26 says," Be angry but do not sin." So when does anger turn into sin? Our anger turns into sin when we respond quickly in anger. In James, we read that we should be slow to anger. The reason we should be slow to anger is that angry behavior doesn't produce God's righteousness. Also, when we act quickly in anger, we lose self-control which causes us to act foolishly.

Read Proverbs 14:17(page 686), Proverbs 29: 11,20,22(page 704),Ephesians 4:26-27(page 1238), James 1:19-20(page 1279)

Cain is an example of a person who did not control his anger. His brother, Abel, obeyed God and presented a good offering. But God was not pleased with Cain's offering. Abel did nothing to Cain. He did not harm Cain in any way. But Cain became jealous. His jealousy against Abel turned into anger. And Cain's uncontrolled anger turned into murder.

Read Genesis 4:3-8(page 4)

III. What should we do when we are angry with someone?

A. Pray

When someone sins against us, we become angry. Our feelings begin to well-up. We need to tell someone. Talk to God. Tell him exactly how you feel. God can change our hearts and calm us down. We can read about this kind of situation in the Psalms. David cries out to God. He tells God exactly how he feels. Afterwards, David begins to put the problem in perspective. And David realizes that God will take care of him.

In addition, we should pray for this person. When we struggle with this problem of becoming angry, we should pray. We should tell God our struggles. God cares about us and He wants us to give Him our troubles. When we do get angry, we can confess our sins to God. He promises to forgive our sins when we tell Him.

Read Psalm 109: 1-6, 30-31(page Luke 6: 27-28(page 1096),1 Peter 5:7(page 1287) ,1John 1:9-10(page 1291)

B. Don't retaliate.

Jesus told us to respond to others in the same way we would like them to respond to us. Do we like it when others yell at us? Of course, not. We respond better when people are calm and gentle. Even if someone does something hurtful, we should not try to get even. In fact, as Paul tells us in Romans, we should overcome evil with good. Instead of retaliating when we are hurt, we should be kind.

Read Matthew 7:12(page 1035), Romans 12:17-21(page 1200), 1Peter 3:9(page 1285)

C. Forgive

When we choose to forgive, our anger is reduced. Our greatest example of forgiveness is Jesus. Jesus was beaten with whips and fists. He was humiliated with taunts and spit upon. He was placed on a cross with nails hammered into his hands and feet. During all of this horror, Jesus did not retaliate. In fact, He chose to forgive them.

Even when we are "right", we must still forgive anyone who sins against us. Another wonderful example of forgiveness is Stephen. In the book of Acts, we read about Stephen. He was a godly man who spoke through the Holy Spirit. The Jewish leaders became angry at the truth Stephen spoke. In anger, they began to stone Stephen. As Stephen was dying, he prayed that God would not hold their sin against them.

Read Luke 23: 34(page 1122), Acts 7: 54-60(page 1161)

D. Read God's Word

Psalms 119 tells us that God's word, the Bible, is like a light that will direct our paths. Jesus himself used scripture to refute the devil. There are many passages of scripture that talk about anger and how we should respond. When we are tempted to get angry, we can read or remember these verses. (Psalm 37:8;

Prov. 12:16; Prov. 14:17, 29; Prov. 15:1,18; Prov. 16:32; Prov.17:14; Prov. 19:11;
Prov. 22: 24-25)

Read Psalms 119: 105(page 657)

Questions

1. When does God become angry?
2. Why did Moses become angry?
3. Is it okay to be angry? When does anger turn into sin?
4. What happened when Cain didn't control his anger?
5. What should we do when we are angry with someone? (list 4 plus examples)