1. **Introduction:** 
   1. Why God is asking? That we might contemplate, examine, search our hearts as He does.
   2. Prior questions God asked:
      1. Where are you?
      2. Who told you?
      3. What have you done?
   3. Adam & Eve’s sons, Cain & Abel
      1. **Abel offered his sacrifice by “faith”.** (Hebrews 11:4; cf., Romans 10:17)
      2. **God *“had no regard”* for Cain’s offering**.
         1. Is God showing partiality or favoritism? (Acts 10:34)
      3. **Cain became upset and angry** and **his “*countenance*” fell.**
      4. **God** then asked, ***“Why are you angry? And why has your countenance fallen?”*** (Genesis 4:6)
2. **“The Way Of Cain”** (**Jude vs. 10-11**)
   1. **“*Revile the things they do not understand*…”** (Psalms 14:1-3; Matthew 15:13-15)
   2. **Rather relying on “*the things they know by instinct*”.**
   3. **“*Unreasoning animals*…”** (Feelings vs. truth)
   4. **Cain’s offering was what he wanted not what God wanted… what he felt was right.**
3. **Similar question of Jonah**
   1. **Asked a similar question by God... *“The Lord said, ‘Do you have good reason to be angry?’”*** (4:6)
   2. After God provided for Jonah’s comfort and then took it away, **God again asked**, ***“Do you have good reason to be angry…?”*** (4:9)
   3. **Why was Jonah angry? God wants us to think about our sources of anger…**
   4. **Are we more concerned about our own personal comfort than we are the souls of others? (4:10-11)**
4. **Is All Anger Bad Or Sinful?**
   1. **The question God asked is not IF but WHY?**
   2. **No! Paul wrote; “Be angry, and yet do not sin…”** (Ephesians 5:26) **How?**
   3. **We must control it.** (Proverbs 16:32; 25:28; 1 Corinthians 9:25)
   4. **Focus on the spiritual not the fleshly**. (Colossians 3:1-2; 2 Corinthians 4:16-18)
   5. **Focus on others & not ourselves**. (Philippians 2:3-5)
5. **Why Do We Get Angry & Why Has Our Countenance Fallen?** 
   1. **For selfish reasons?** Pride? Personal convenience? Can’t do what we want? (James 3:14-16; cf., Jonah 4:9-10)
   2. **For carnal reasons?** Lusts of the flesh? Wants vs. needs. Lack of contentment. Not my fair share! (1 Timothy 6:6-8)
   3. **Because of trials, challenges, and difficulties** of serving the Lord? (2 Corinthians 12:10)
   4. These reasons need to be put away from us.
      1. **This needs to be put away and new qualities need to be put on** (Colossians 3:8-14) and **things we need to pursue**. (1 Timothy 6:11; 2 Timothy 2:22)
      2. If anger is not always sinful, when & why should we be angry?
6. **Why Does God/Jesus Become Angry?**
   1. **Hypocrisy & hard-heartedness** - (Mark 3:1-5; Matthew 23)
   2. **The perversion of worship and religion** - (John 2:13-17)
   3. **Excuses** - (Exodus 4:14)
   4. **Complaining/murmuring** - (Numbers 11:1-10; 31-34; 14:27ff)
   5. **Jealousy/Envy/Pride** - (Numbers 12:1-9)
   6. **Self-will & Defiance** (Numbers 22:12-13, 16-19, 22)
   7. **Immorality & unfaithfulness** (Numbers 25:1-5; Jeremiah 6:14-15; 1 Corinthians 10:8; Isaiah 1:21)
   8. **Anything elevated above God… our “sinful things”** (i.e., Idolatry; Deut. 4:25; 9:18-21)
7. **But how did God deal with His anger?** (John 3:16; Romans 5:8; 12:21)
8. **What Choice Do We Have?**
   1. *First****, we choose what we become angry at****!*
   2. *Second, “****If you do well, will not your countenance be lifted up****?”* (Genesis 4:5)
   3. We can choose to continue to obey sin, as Satan seeks to keep us in bondage.   
      (Romans 6:12-19; cf., Acts 8:22-23)
   4. ***“‘Return, faithless Israel… I will not look upon you in anger. For I am gracious… I will not be angry forever.’”*** (Jeremiah 3:12)
   5. ***“Who is a God like You,*** *who* ***pardons iniquity*** *and* ***passes over the rebellious act of the remnant of His possession? He does not retain His anger forever, because He delights in unchanging love. He will again have compassion on us.”*** (Micah 7:18-19)
   6. We must choose to believe, confess our sins and faith in Jesus, repent & be baptized into Jesus Christ.
   7. **We must choose to “do right”!**