

“Doest Thou Well To Be Angry?”

By: Pastor David Rodriguez

## Jonah 3:10-4:4

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“ Men are not disturbed by things, but the view which they take of them.” –Epictetus

“ Let not your heart be troubled: ye believe in God, believe also in me.” – John 14:1

“Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.” –Romans 15:13

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# Jonah 3:10-4:4

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**T** RIGGERING EVENT

Gen. 4:1-7

1 Sam. 18:6-9

**R** EASONING ERROR

2 Chron. 16:7-10

1 Kings 18:17-18

**U** NHEALTHY RESPONSE

**T** RUTH

**H** EALTHY RESPONSE

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# How To Deal with Anger

(Jonah 4:5-11)

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- Do not act while angry (Eph. 4:26, Prov. 14:17)
  - Wait until your spirit is calm (Prov. 16:32)
  - Submit to the word of God (John 17:17)
  - See beyond your own perspective (Jonah 4:9-11)
  - Grant others the same rights you claim (Isaiah 1:18)
  - Have faith in God's protection (John 14:1)
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