



Oftentimes, life happens to us. We let the problems and distractions around us take control of our lives leaving us simply coping. Instead of just coping with the challenges around us, what if there was a better way to live?

### **Discussion Questions:**

1. Share a time you lost control and were angry?
2. In the Incredible Hulk, when Bruce Banner becomes angry he turns into the Hulk. Throughout the TV shows and movies he learns ways to calm down. What are healthy ways to calm down?
3. Jonathan shared that, “Anger, when left unchecked, leaves us lost and alone out in the field by ourselves.” Do you agree or disagree with this statement?
4. Read Genesis 4:1-7 (8-14 for further reading). What offerings did Abel and Cain give to God?
5. Why was God not pleased with Cain’s offering?
6. What does God tell Cain he must do with his anger in v. 7? How does Cain respond?

### **Next Steps:**

- The Prayer of Examen:
  - Ask God to Be Close.
  - Reflect on Your Day with Gratitude.
  - Reflect on Your Emotions.
  - Pray About a Moment from Your Day.
- Ask Yourself the Following Questions:
  - Is there anger in your heart?
  - Who is it directed toward?
  - What do you need to do?