



**UNSTUCK**  
IDENTIFY AND GET FREE OF THINGS THAT ARE UNSTUCK

**POURING COOL WATER  
ON A HOT HEAD**

**GENESIS 4:1-9, EPHESIANS 4:26-32**

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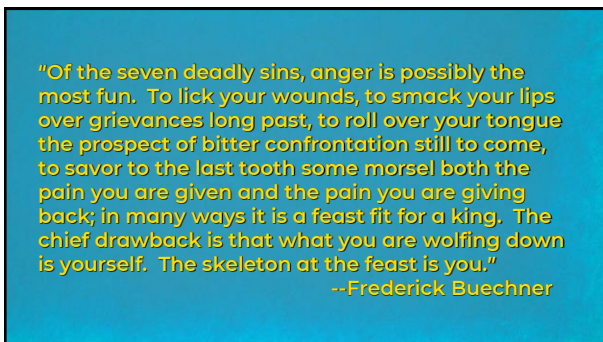
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**"Of the seven deadly sins, anger is possibly the most fun. To lick your wounds, to smack your lips over grievances long past, to roll over your tongue the prospect of bitter confrontation still to come, to savor to the last tooth some morsel both the pain you are given and the pain you are giving back; in many ways it is a feast fit for a king. The chief drawback is that what you are wolfing down is yourself. The skeleton at the feast is you."**

**--Frederick Buechner**

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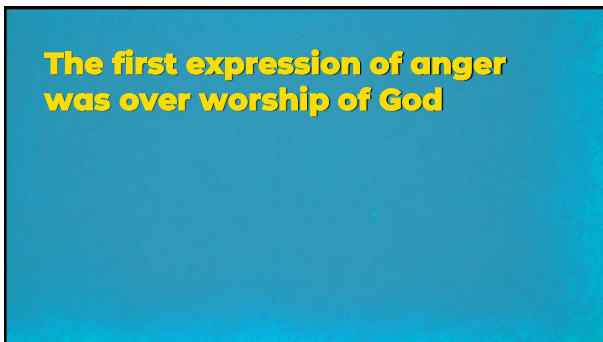
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**The first expression of anger was over worship of God**

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**Anger is always the result of...**

- A pride-filled *comparison*
- A lack of perceived or real *acceptance*
- An *isolation* that moves us away from God and people
- Something does not work as planned

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**Anger is a gift**

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**Cry out to God immediately**

- Timing matters
- Context matters
- Note the root cause and repent if needed
- Do what is right

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***Handle your anger well so  
that you might be helpful  
and not hurtful***

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