



## **CAIN**

**GENESIS 4**

Cain became very jealous and angry when God accepted Abel's offering. Instead of calming down, he let his anger control him and killed his brother.



## **MOSES**

**NUMBERS 20**

Moses was frustrated with the people and angry. He hit the rock instead of doing what God said. Because of this, he was not allowed to enter the Promised Land.



## **SAUL**

**1 SAMUEL 18-20**

King Saul became jealous of David and let his anger grow. His anger made him try to kill David.



## **JONAH**

**JONAH 4**

Jonah was very angry when God showed mercy to the people of Nineveh. Instead of being thankful, he complained and became upset, showing he did not control his feelings well.



## JOSEPH

GENESIS 45

Joseph's brothers treated him very badly and sold him as a slave. Later, when he had power over them, he chose forgiveness instead of anger and showed them love.



## DAVID

1 SAMUEL 24

David had a chance to hurt King Saul, who was trying to kill him. Instead, David showed self-control and chose not to harm Saul because he trusted God.



## MARY (JESUS' MOTHER)

JOHN 19

Mary watched her Son suffer on the cross. Even in deep sadness and pain, she stayed faithful and strong, trusting God instead of becoming angry.



## PAUL

ACTS 16

Paul was put in prison for following Jesus. Instead of getting angry or giving up, he prayed and praised God, showing great self-control and faith.