

Dealing With Conflict And Anger In Your Home
Outline – February 18, 2024
1 Corinthians 13:4-8, Ephesians 4:25-32

A Common Emotion We All Experience Is Anger

- I. Why we get angry**
 - A. Childhood experience
 - 1. That hurt us
 - 2. Injustices we encountered
 - B. Problems we don't know how to solve
 - 1. Fears
 - 2. Threats
 - 3. Situations
 - C. Fear of being controlled, abused, neglected, harmed, overlooked
 - D. When someone or something we love is being harmed, abused, or neglected
 - E. When needs or expectations are not being met
- II. What the Bible says about anger**
 - A. Be angry
 - B. However, process your anger
 - 1. Unprocessed anger becomes toxic
 - 2. It can become chronic
- III. How anger impacts marriage and family**
 - A. Toxic anger produces
 - 1. Depression
 - 2. Disconnect
 - B. Chronic anger produces
 - 1. Defeat
 - 2. Destruction (Divorce)
 - C. The research of Sandra Blakely
 - 1. Children of divorce struggle with processing anger
 - 2. They often fear anger
 - 3. They often embrace unhealthy "solutions" to anger
- IV. Unhealthy ways to process anger**
 - A. Suppress it/hold it in
 - 1. What comes in, must go out
 - 2. Anger is like a fire. It consumes all the other emotions.
 - B. Running away/isolating
 - 1. Anger stays with you
 - C. Conflict avoidance
 - 1. Dysfunctional families don't process anger
 - 2. Functional families do
 - 3. Causes physical and psychological problems such as depression

V. How to process our anger

- A. Don't deny it, be authentic/real
- B. Create an atmosphere of honesty (with what's going on inside of you)
- C. Have an attitude of humility
 - 1. I want to make it right
 - 2. I am not successful until you are satisfied
 - 3. Create an atmosphere where we can feel safe and heard when we complain
 - 4. In a depressed marriage, a person feels unsafe to complain
 - 5. If you are threatened by your spouse's complaints, there is something not working
 - 6. Anger doesn't go away because you ignore it, it just accumulates
- D. Don't argue to justify your sin...because of your anger
 - 2. It's not good
 - 3. It's not wise
 - 4. It's not helpful
- E. Don't let the sun go down on your anger
 - 1. Anger destroys connection
 - 2. Anger destroys passion
 - 3. Anger poisons love
 - 4. Anger accumulates. The more we have from yesterday, the more volatile we are today.
 - 5. Anger creates a habit, pattern and legacy
- F. Don't give the devil a stronghold or an opportunity
 - 1. Don't listen to his lies about your spouse
 - 2. Learn to see your spouse through God's eyes, not Satan's
 - 3. Forgiveness, grace and love can do great things
- G. Confess your anger, seek resolution
 - 1. Confront with love and humility
 - 2. A soft answer turns away wrath
 - 3. First 3 minutes sets the tone
 - 4. Don't become cynical and critical
 - 5. Let them know there is hope and love
 - 6. Ask if you can share your feelings
 - 7. Listen to your spouse
 - 8. Forgive, let it go
 - 9. Blessing heals your heart as you make the wrong right
 - 10. Your first mission field is your family

**Overcome The Anger And Conflict
With Love And Grace In Your Marriage**