

Anger: The Rust Of Every Relationship

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Proverbs 14:29; Ephesians 4:26-32; James 1:19-20

Question Many Broken Couples Ask

I. How did we go from (crazy) love in front of a pastor to being angry, annoyed, & hateful in front of a judge?

- A. The toxin of anger is real when it goes past the tipping point
- B. Yesterday's anger is toxic
 - 1. It erodes at the marriage
 - 2. It gives the devil an opportunity to divide your family

II. What anger does to your home

- A. Anger changes the atmosphere before it breaks the bond
- B. Anger is not just about words, but it's about tone, silence, & sarcasm
 - 1. It creates fear
 - 2. It stores hurt
- C. Anger turns your home into a dungeon
- D. Anger teaches children to fear & that safety is limited
- E. Anger causes those who are married to feel emotionally homeless

III. What anger does to your relationship

- A. Stops listening
- Starts persecuting
- B. Anger doesn't seek understanding
- C. Anger is fueled by the others past failures
- D. Anger seeks to prove the other person wrong
- E. Anger prevents problem solving
- F. Anger fuels intrusive, ungodly, untrue thoughts

IV. What anger does to a person

- A. Physically
 - 1. High blood pressure
 - 2. Rapid heart beat
 - 3. Gastrointestinal disruption
 - 4. Release of cortisol
- B. Psychologically
 - 1. Stores up hurt
 - 2. Turns into depression
 - 3. Masks fear
 - 4. Causes irrational thoughts
 - 5. Prevents problem solving
- C. Relationally
 - 1. Creates distance
 - 2. Creates contempt
 - 3. Kills affection
 - 4. Creates fear
- D. Spiritually
 - 1. It give the devil an opportunity to get a place in your marriage
 - 2. Seeds of hate are planted
 - 3. Start believing things that aren't true

- 4. Hardens your heart to the things of God
- 5. No longer seek to do godly things

E. Personally

- 1. It wounds your identity
- 2. Exaggerates your faults
- 3. Exaggerates others faults
- 4. Presents negativity

V. How do we protect our families from the toxin of anger?

- A. Don't defend your anger
- B. Confess your anger
 - 1. Don't blame others for it
- C. Choose to repair what anger has done
- D. Seek forgiveness
 - Forgive others
 - Forgive yourself
- E. Know the 5:1 ratio of positive to negative
- F. Learn to adapt
- G. Learn from failure
- H. Have a customer service department in your family
- I. Expose & expel satanic thoughts
- J. Don't let the sun go down on your anger

VI. Why should marriage be protected?

Because it's sacred

- A. A place where grace overcomes
- B. A place where love is demonstrated
- C. A place where anger is overcome
- D. A place where hope is a reality
- E. A place where home is a slice of Heaven

- F. A place where others are discipled in the faith
- G. Where problems are solved and there is a desire to satisfy

**Anger Is Real
It Can Be Toxic
It Can Be Overcome
By The Cross
& Grace Of Messiah**