
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 disciplined 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**