

Outline – February 21, 2021
Ephesians 4:25-32, 5:25-33
Dealing With Anger And Conflict

All Of Us Will Get Angry

- I. **What creates the anger within**
 - A. Unresolved issues within us
 - 1. Childhood trauma
 - 2. Painful experiences
 - 3. Hurtful relationships
 - B. Wanting our way
 - 1. Selfishness
 - 2. Expectations
 - C. Not having needs met
 - D. Seeing an injustice, or problem that is sensitive to us
- II. **The two primary ways anger is expressed**
 - A. Extroverted Anger
 - 1. Loud
 - 2. Dramatic
 - 3. Threatening
 - 4. Abusive
 - B. Introverted anger
 - 1. Stonewalling
 - 2. Passive aggressive
 - 3. Distant/detached
 - C. Both are fueled by
 - 1. Pride
 - 2. Bitterness (unresolved)
 - 3. Arrogance
 - D. Anger is a “what” more than a “who”
- III. **Why anger and conflict seem to explode in a marriage**
 - A. God wired us to love and be loved
 - B. God created marriage to bring blessing and love
 - C. When we defy God’s laws of marriage, we struggle
 - 1. With fear
 - 2. With confusion
 - 3. With anger
- IV. **Understanding the four laws of marriage**
 - A. Marriage must be a priority
 - 1. Beware of the “pits” we fall into
 - 2. The principle of leaving and cleaving

- B. Marriage must be pursued
 1. Serving each other
 2. Meeting each other's needs
 3. What makes your spouse feel loved
 - C. The law of partnership
 1. Respecting and loving, loving and respecting
 2. Feeling detached when one doesn't feel loved or respected
 - D. The law of purity
 1. Not allowing anything to get between us
 2. Things that get between couples. lies, people, old circumstances, attitude, addiction
 3. This is how intimacy is lost
 4. Intimacy cannot thrive when there is fear, no trust, feeling vulnerable (what happens when anger/conflict try to take over)
- V. **What to do when anger and conflict want to take over**
- A. Confront it with care and love
 1. Kind word turns away wrath
 2. First 3 minutes sets the tone
 - B. Share the concern without criticism or contempt
 1. Don't start with the word "you"
 2. The concern is what is happening with us
 - C. Listen to them
 1. People want to be heard
 - D. Forgive, let it go
 1. Forgiveness, mercy, grace, confession is the oil to any relationship
 2. Forgiveness says "you don't owe me"
 - E. Bitterness is the result of unforgiveness
 1. A hard heart is the result of bitterness
 2. Bitterness punishes you
 3. Jesus paid the debt
 - F. How do I know I have forgiven?
 1. Don't bring it up
 2. They don't owe you
 3. Bless them
 - G. Greater the forgiveness, the greater the anointing

**Which Brings God's Power, God's Presence, God's Provision
Into Your Marriage**

Making It for Better Or For Best