

## **How to Have a Champion Marriage Lesson 3**

### **ANGER, THE OTHER SIDE OF LOVE**

#### **I. How does anger relate to love?**

**Prov 15:1**

*A gentle answer turns away wrath, but a harsh word stirs up anger.*

**Prov 29:22**

*An angry man stirs up dissension, and a hot-tempered one commits many sins.*

**James 1:20**

*. . . for man's anger does not bring about the righteous life that God desires.*

**Eph 4:26**

*In your anger do not sin: Do not let the sun go down while you are still angry. . .*

A. They are two sides of the same coin.

1. Love seeks the \_\_\_\_\_ of the other person.

B. Anger is experienced when, in the marriage, we feel that we have been wronged by the behavior of the other.

1. We get angry when we feel our spouse is acting irresponsible.

2. Behavior we considered to be \_\_\_\_\_.

3. Self-serving.

4. Disrespectful.

5. Wrong response – you were kind and there was no appreciation, you went the second mile, you were accused of being a controller.

6. Frustration is not receiving what we had \_\_\_\_\_ from others.

C. Other things that create anger.

1. Loss of something important, a dream.

2. Unfulfilled expectation.

## II. The Need to Manage our own Anger (is the #1 problem in a marriage). Mismanaged Anger

**The purpose of anger is to take loving action, turn them to the right direction. Most people end up taking destructive action making things worse.**

### **Prov 22:24**

*Do not make friends with a hot-tempered man, do not associate with one easily angered,*

### **Prov 20:2**

*A king's wrath is like the roar of a lion; he who angers him forfeits his life.*

- A. You can't keep the relationship alive if you allow anger to \_\_\_\_\_ for any length of time.
- B. Anger is \_\_\_\_\_ buried alive and if not dealt with it becomes bitterness, revenge, resentment.
  - 1. Turns into explosive can be abusive, rage.
  - 2. Turned inward - implosive, can become depression.
- C. Stuck in yesterdays, can't live for today.
- D. Tape playing over and over again in your mind.
  - 1. Bomb ready to explode.
  - 2. Over-thinking, you analyze the situation over and over again.
  - 3. \_\_\_\_\_ an atmosphere of fear, bitterness, revenge, resentment, offense, and frustration.
- E. Anger always turns people away – rejection.

## III. Two Types of Anger

### **Prov 27:4**

*Anger is cruel and fury overwhelming, but who can stand before jealousy*

### **Prov 29:8-11**

*<sup>8</sup>Mockers stir up a city, but wise men turn away anger. <sup>9</sup>If a wise man goes to court with a fool, the fool rages and scoffs, and there is no peace. <sup>10</sup>Bloodthirsty men hate a man of integrity and seek to kill the upright. <sup>11</sup>A fool gives full vent to his anger, but a wise man keeps himself under control.*

### **Prov 30:33**

*For as churning the milk produces butter, and as twisting the nose produces blood, so stirring up anger produces strife."*

- A. \_\_\_\_\_
  - 1. Can be physical or verbal abuse.
  - 2. Breaking or throwing things, rage, outburst, or yelling.
- B. \_\_\_\_\_

1. Begins with silence, bursting inward.
2. Withdrawal, but in time leads to resentment, bitterness, offense, and eventually hatred.
3. Typically characterize by 3 elements.
  - a. Denial
  - b. Withdrawal
  - c. Brooding, Pouting

#### **IV. The Consequences of Anger**

- A. Creates relational distance.
  1. Can of spray paint.
    - a. Try to get close, we start to spray them in our anger and destroy the relationship.
- B. We \_\_\_\_\_ our spouse.
- C. We are mean, insensitive, negative, and generally offensive.
  1. Anger emotions demand to be in motion – outside or inside, demands to be in charge.
- D. Anger produces verbal or physical \_\_\_\_\_.
  1. Your spouse will not remember the affirming words, acts of service, quality time, or physical touch and closeness.
  2. Your spouse will \_\_\_\_\_ remember the cutting words or the physical abuse.

#### **V. Breaking Destructive Patterns**

***Speak when you are angry  
and you'll make the best speech you'll ever regret.***

- A. Purpose of anger is to motivate us to take loving actions.
  1. Try to turn things in the right direction, but ends up being destructive.
  2. Learning to manage our anger.

#### **VI. Processing Anger**

##### **Step One**

- A. \_\_\_\_\_ the truth <to God and to yourself>.
  1. I am angry.
  2. I'm destructive with my anger.

3. I'm mis-managing my anger.

### Step Two

B. \_\_\_\_\_ an effective strategy to break mis-managed patterns before you get angry.

1. Call a time out.
2. Go for a walk.
3. Work in the yard.
4. Go to the gym – physical exercise.
5. Count to 100 – get your mind off the situation.
6. Adrenaline in your body.

### Step Three

C. When you get angry and you have done both A & B, you have \_\_\_\_\_ and are able to think – Analyze your anger.

1. Is my anger distorted Anger.
  - a. Not valid.
  - b. Perceived injustice that never really happened.
  - c. No wrongdoing occurred.

### Step Four

D. Distorted anger \_\_\_\_\_ that it is your problem, not your spouses.

1. Had a bad day, under a lot of stress, not enough sleep.
2. Release the anger – it is my problem.

In prayer, say aloud, or to yourself, “My anger reveals my selfishness and I realize that it is distorted.” (Prayer)  
***Dear God, I realize that my anger is not valid. I have been self-centered and overly demanding of my spouse. Forgive me for my wrong attitude. I release my anger to you. Help me to be loving towards my spouse. In Jesus name, Amen.***

### Step Five

E. With valid anger, \_\_\_\_\_ what action would be constructive.

1. You have the right to be angry.
2. You know this issue must be discussed.

F. With valid anger \_\_\_\_\_ about how you will approach the situation.

1. Set up a time.

2. Think it through.
3. Use \_\_\_\_\_ words, tenderness, and a soft voice. “Soft answer turns away wrath”

**Prov 15:1**

*A gentle answer turns away wrath, but a harsh word stirs up anger*

4. Some suggestions:
  - a. I want to share my feelings with you because I value our relationship.
  - b. I know that I may have misunderstood or misinterpreted the situation.
  - c. But I want to explain what I saw and how I felt. Then I’d like you to tell me your perspective.
  - d. Perhaps I’ve missed something and I need your help in understanding.
5. Use “\_\_\_\_\_” statements – never “you” statements.
6. \_\_\_\_\_ to finish – no interruptions
7. \_\_\_\_\_ to them and take notes.

**Step Six**

- G. \_\_\_\_\_ your situation.
  1. Limit your presentation to one event.
  2. Point out their good qualities first.
  3. After sharing – admit that I (this meaning you) might have misunderstood or be missing some important information.
    - a. This makes it easy for the other person to be open and honest with you.
  4. Don’t \_\_\_\_\_ while your spouse is sharing.
  5. Use \_\_\_\_\_ questions, “Are you saying?”.
    - a. Indicating an effort to understand his or her thoughts or feelings about the matter.

**Step Seven**

- H. No agreement
  1. We see this very differently.
  2. 2 different people and it’s okay, “each person encouraged to think for themselves.”
  3. What can we learn from this that will make things better for the both of us in the future.
  4. To insist you are right and your spouse is wrong will place \_\_\_\_\_ between you and your spouse even greater than ever.

## VII. What if Your Spouse Has Anger?

### A. Explosive

1. Listen not to the abusive words, but \_\_\_\_\_ to understand the feelings.
2. \_\_\_\_\_, talk about it in a way that anger should be handled.

### B. Implosive

1. Again, set a time to talk about it in a \_\_\_\_\_ way.

## VIII. Unresolved Anger

### A. Seven Ways to Get Rid of \_\_\_\_\_ Anger.

1. **Define the anger** – what happened to lead you to anger, which caused the anger within you?

### ASK THE HOLY SPIRIT

- a. Expectations Unfulfilled.
  - b. Meanness from another.
  - c. Fear of loss.
  - d. Loss of an unfulfilled dream.
  - e. Loss of peace of mind
2. Allow yourself to **face the grief** that has attached itself to your heart by facing the truth of what happened.
    - a. Remember, Jesus took away all your grief and sorrow on the cross. He already paid it in full.
  3. Try to **understand your offender** – apply mercy to the situation.
    - a. Let the Holy Spirit will you with compassion and knowledge as to what caused them to behave the way they did.
    - b. Show mercy and compassion to one another.

### Zach 7:9 (NIV)

*This is what the LORD Almighty says: "Administer true justice; show mercy and compassion to one another."*

- c. Mercy has the power to defuse offense, break its power.
- d. Shouldn't you have had mercy for your fellow servant.

### Matt 18:33 (NIV)

<sup>33</sup>*Shouldn't you have had mercy on your fellow servant just as I had on you?*

- e. Be merciful. You reap what you sow.

### **Luke 23:34**

*Then Jesus said, "Father, forgive them, for they do not know what they do."*

- 4. **Look for the good** in the situation.
- 5. **Forgive** in Christ.
- 6. **Give it** (the person and the situation) **to Christ**.
  - a. Surrender the situation to \_\_\_\_\_ by giving it to God.
  - b. Ask God to \_\_\_\_\_ with it.
  - c. Say no to the tape that wants to replay itself in your mind.
- 7. **Die to it** with the power of the Holy Spirit present.
- F. \_\_\_\_\_ leads to anger, bitterness, resentment, and wanting to get even.

***Forgiveness is a choice and a commitment, not a feeling.***

- 1. Do not welcome anger in your heart.
- 2. Know the destructive, alienating power of it.
- 3. Say \_\_\_\_\_ to offense and \_\_\_\_\_ to inner peace, get over being so sensitive.

### **IX. Important Review Elements**

(Taken from *The Other Side of Love, Handling Anger in a Godly Way*, by Gary Chapman)

- 1. ***Acknowledge the reality of anger.***  
Whether your anger is legitimate, definitive anger or distorted anger, do not condemn yourself for experiencing anger. Recognize and admit to it, remembering the anger itself is not sinful.
- 2. ***Agree to acknowledge your anger to each other.***  
Express clearly your feeling of anger when it arises; do not make your spouse guess based on your behavior. Both you and your spouse deserve to know when the other is angry and what he or she is angry about.
- 3. ***Agree that verbal and physical explosions against the other person are not appropriate responses to anger.***  
Either kind of explosion will always make things worse.
- 4. ***Agree to seek an explanation before passing judgment.***  
Remember that your first impression is only tentative; at times it will be faulty. It is easy to misinterpret the words and actions of one's spouse, so seek your mate's perspective. He or she may supply valuable missing information that could change your understanding of the issue.

5. ***Agree to seek a resolution.***

With more information from your spouse and the fuller perspective, you are ready to find a solution satisfactory to both of you. Resolving the angry feelings may require that you seek the person's confession and repentance – if the wrongdoing is valid and definitive – or recognize your anger as invalid and perhaps selfish – if the anger is distorted. It may require even confession and asking for forgiveness of your part, if the wrongdoing is by you. Whatever the cause, work toward reconciliation between the two of you.

6. ***Agree to affirm your love for each other.***

After the anger is resolved, declare verbally your love for each other.

**ANSWER KEY**

Page 1  
good  
unfair  
expected

Page 2  
remain  
always  
Creates  
Explosive  
Implosive

Page 3  
hurt  
abuse  
only  
Admit

Page 4  
Develop  
calmed – down  
realizing  
decide  
think

Page 5  
kind  
I  
Ask  
Listen  
Present  
interrupt  
reflective  
distance

Page 6  
try  
Later  
kind  
Unresolved

Page 7  
God  
deal  
Unforgiveness  
no - yes

