

**Avoiding the Deadly Sins of Marriage**  
**Why Do They Make Me So Mad?**  
*How To Extinguish Destructive Anger*  
 Grace Fellowship Church / Pastor Brad Bigney / Sept. 21, 2003

FOUR STEPS for extinguishing destructive anger in your life

**Step #1 Recognize that Conflict is Unavoidable**

Because of sin... every relationship is a potential minefield that can lead to destructive anger. Every marriage is made up of two sinners, so the potential for conflict is really unlimited. You might've thought you were so compatible... until you got married.

**Gary** Thomas writes, "Christian marriage is also about learning to fall forward. Obstacles arise, anger flares up, and weariness dulls our feelings and our senses. When this happens the spiritually immature respond by pulling back, becoming more distant from their spouse, or even seeking to start over with somebody "more exciting." Yet maturity is reached by continuing to move forward past the pain and apathy. "Falls are inevitable. We can't control that, but we can control the direction in which we fall- toward or away from our spouse."  
**Sacred Marriage**, Gary Thomas, p. 155

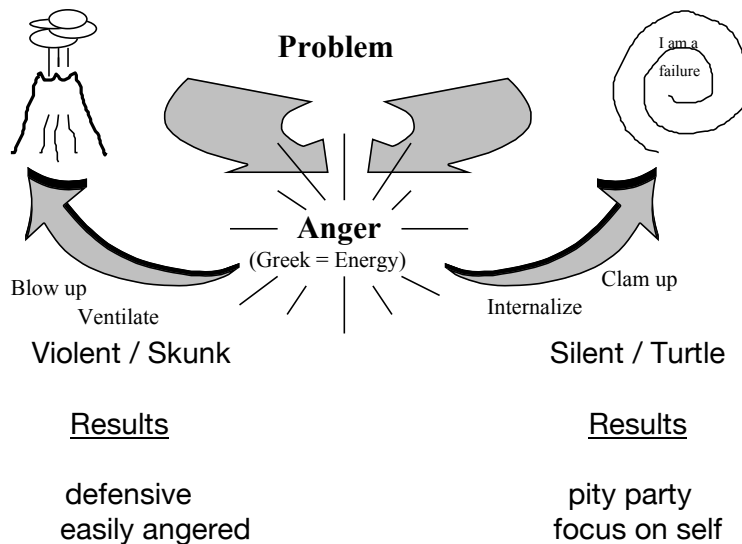
Conflict in your home and marriage is inevitable. The goal is not to avoid all conflict but to resolve it in a biblical manner when it happens.

**Proverbs 11:29** *Living Bible* "The fool who provokes his family to anger and resentment will finally have nothing left."

**Step #2 Admit that You Get Angry ~ And Learn What to Do with It**

**Eph. 4:26-27** "Be angry and do not sin: do not let the sun go down on your wrath, nor give place to the devil."

**The Message** "Go ahead and be angry. You do well to be angry – but don't use your anger as fuel for revenge. And don't stay angry. Don't go to bed angry. Don't give the devil that kind of foothold in your life."



frequent fights with siblings  
aggressive behavior  
hateful  
bitter  
breaks things & hits others  
few lasting friendships

irritable & moody  
depressive  
seeks to justify  
bored  
loner  
poor health

### Step #3 Find Out What Your Anger is Telling You

Anger is a warning light on the dash board of our lives that lets us know that there's something wrong. There's a problem. Remember that your uncontrolled anger itself is a symptom that can warn you about several things:

- a. Your uncontrolled anger can warn you that you're reacting and defending... and that your rights are not yielded to Christ.
- b. Your uncontrolled anger is a sign that you're out of control – that you're being controlled by your circumstances.
- c. Your uncontrolled anger is a sure sign that you're focusing on things that pass away with time. You've totally lost sight of God's perspective in the trial... or the problem.
- d. Your uncontrolled anger is a reminder that you're powerless in yourself to control sinful anger.

Apart from Christ's strength and His direction from His Word I can't and you can't break the grip of anger in my life... especially if you've cultivated a pattern of uncontrolled sinful anger that you've excused and allowed to run rampant in your life... or used it to intimidate others around you.

**John 15:5** "Apart from Me you can do nothing."

**Rom. 7:18-19, 24-25** "For I know that in me (that is in my flesh) nothing good dwells; for to will is present with me, but how to perform what is good I do not find. For the good that I will to do, I do not do; but the evil I will not to do, that I keep doing... v. 24 O wretched man that I am! Who will deliver me from this body of death? I thank God – through Jesus Christ our Lord!..."

### Step #4 Take Practical Steps of Repentance to Put Off Anger and Put On Gentleness

#### A. Stop Making Excuses ~ Recognize it and Confess it

- If unsaved confess the sin-bearer  
**Rom. 10:9** "That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved."
- If saved confess the sin  
**I John 1:9** "If we confess our sins He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

#### B. Attack the Problem by...

- a. Giving Up Your 'Rights' – put on meekness – and beg God to help you not to be defensive

**Psalm 37:11** “But the meek shall inherit the earth and shall delight themselves in the abundance of peace.”

For example:

I have a right to a trouble free life  
I have a right to be understood  
I have a right to be loved  
I have a right to play golf  
I have a right to my own time alone  
I have a right to read  
I have a right to be treated with respect  
I have a right to be appreciated  
I have a right to get away by myself

That sense of entitlement is a breeding ground for conflict and anger to erupt on a regular basis when any one or more of those so called ‘rights’ are not being met. You need to give up! And beg God to help you to stop being so defensive

**Prov. 12:1** “He who hates correction is a fool.”

**Prov. 18:2** “A fool has no delight in understanding, but in expressing his own heart.”

**Prov. 18:13** “He who answers a matter before he hears it, it is folly and shame to him.”

b. Communicating to Solve Problems

If you’re going to extinguish anger in your marriage and home then you’re going to have to set it in concrete that the two of you are going to follow the 4 Rules of Godly Communication... no matter what. These 4 Rules are all taken from **Eph. 4:15-32**

1. Be Honest v. 15 “Speak the truth in love”
2. Stay Current v. 26 “Don’t let the sun go down on your wrath”
3. Attack the Problem not the Person
4. Act Don’t React

**Prov. 19:19** “A man of great wrath will suffer punishment; for if you deliver him, you will have to do it again.”

**Prov. 14:29** “He who is slow to wrath has great understanding, but he who is impulsive exalts folly.”

**Conclusion:**

Some of you have tried all these things. You say, "I just can't change. I can't get control of my anger." That's because it takes more than willpower. It takes God's power in your life to break that anger. You've got to have Christ in your life.

**Romans 15:5** "May God who gives patience help you to live in complete harmony with each other, each with the attitude of Christ toward the others."

# Avoiding the Deadly Sins of Marriage

## Why Do They Make Me So Mad?

*Learning to Extinguish Sinful Anger by Giving Up Your 'Rights'*

### Homework

#### How to deal with anger

- A. Become aware of it.
  - B. Realize we are powerless in ourselves to handle anger.
  - C. Confess it.
  - D. Attack problem.
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- 1. Deal with selfishly motivated anger.  
Put on meekness (yielding of rights). Matt. 5:5; Gen. 22
  - 2. Learn to distinguish problem from person. Eph. 4:29
  - 3. Learn to think of goals and solutions.
  - 4. Learn to think of your identity with Christ and His power.

#### **Remember what God's Word says...**

Consider and write out some of the benefits that your problems or irritations may bring to you. Remember Romans 8:28; Job 23:10. God has a purpose for everything that comes into the Christian's life.

- 1. Isaiah 43:1-3: Deeper communion and fellowship with God.
- 2. I Corinthians 11:31-32: Stimulates self-examination.
- 3. Psalm 119:71: New insight into Scripture.
- 4. Romans 5:2-5: \_\_\_\_\_
- 5. 2 Corinthians 1:3-6: \_\_\_\_\_
- 6. Hebrews 12:5-11: \_\_\_\_\_
- 7. 2 Corinthians 12:7-10: \_\_\_\_\_
- 8. I Peter 4:12-16 \_\_\_\_\_
- 9. Psalm 119:67: \_\_\_\_\_
- 10. James 1:2-5 \_\_\_\_\_

#### **Then Examine Your Heart to Find "Rights" that You're Clinging To...**

Which of the following do you consider to be your "rights"? Usually we become sinfully angry because we think some "right" is being denied. Place a check mark next to the ones that you believe are your rights.

- 1. Right to have and control personal belongings
- 2. Right to privacy
- 3. Right to have and express personal opinions
- 4. Right to earn and use money

5. Right to plan your own schedule
6. Right to respect
7. Right to have and choose friends
8. Right to belong, be loved, be accepted
9. Right to be understood
10. Right to be supported
11. Right to make your own decisions
12. Right to determine your own future
13. Right to have good health
14. Right to date
15. Right to be married
16. Right to have children
17. Right to be considered worthwhile and important
18. Right to be protected and cared for
19. Right to be appreciated
20. Right to travel
21. Right to have the job you want
22. Right to a good education
23. Right to be a beautiful person
24. Right to be treated fairly
25. Right to be desired
26. Right to have fun
27. Right to raise children your way
28. right to security and safety
29. Right to fulfilled hopes and aspirations
30. Right to be successful
31. Right to have others obey you
32. Right to have your own way
33. Right to be free of difficulties and problems
34. Others? \_\_\_\_\_

Which of the above mentioned "rights" do you believe you are being denied, and by whom? List the "right" below and state whom you believe is denying you this "right."

***My Assumed 'Right'***

***By Whom***

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Then Give Up that “Right” and Focus on Pleasing God and Serving Others...

Consciously recognize that, if you are a Christian, you and all you have and are (your rights included) belong to God

(I Cor. 6:19, 20; Rom. 12:1; Psa. 24:1). Acknowledge this and dedicate all that you are and have, including your "rights" to God. Trust Him to take care of His property. Cease to think in terms of your "rights" and concentrate on God's will and purpose and promises. For a while, until the fact that all your "rights" belong to God reaches the awareness level, you will want to specifically dedicate your "rights" to God on a regular basis.