

Getting Over It Without Blowing It

Eph 4:26

“Be angry”

“But do not sin”

“Don’t let the sun go down on your anger”

Command & Conditions

Express anger

Express anger appropriately

Resolve anger

Why We Don’t Resolve Anger

1. We want to keep anger as a form of _____ or revenge.
2. We are fearful of _____.
3. We feel _____.
4. We _____ the problem doesn’t exist.

Today’s anger is _____, yesterday’s anger is dangerous.

Eph 4:31-32 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of malicious behavior. 32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

What Long-Term Anger Does

1. _____ feelings of intimacy and optimism and in marriage, passion.
2. _____ habit patterns for us and an iniquity for our children.

Unresolved anger builds in _____.

John 10:10 The thief comes only to steal and kill and destroy;

Three Things Satan Uses To Target Unresolved Anger

1. _____
2. _____
3. _____

We were never designed by God to be a _____ for anger.

Matt 5:21-24 "You have heard that the law of Moses says, 'Do not murder. If you commit murder, you are subject to judgment.' 22 But I say, if you are angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the high council. And if you curse someone, you are in danger of the fires of hell."23 "So if you are standing before the altar in the Temple, offering a sacrifice to God, and you suddenly remember that someone has something against you, 24 leave your sacrifice there beside the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.

Fighting Fair

1. Choose the right _____.

Prov 16:32 It is better to be patient than powerful; it is better to have self-control than to conquer a city.

Prov 17:14 Beginning a quarrel is like opening a floodgate, so drop the matter before a dispute breaks out.

2. Begin every confrontation with _____.

Prov 15:4 Gentle words bring life and health;

Prov 16:24 Kind words are like honey -- sweet to the soul and healthy for the body.

3. Communicate complaints and feelings without fixed _____ or interpretations.

Complaining is talking about me and my _____.

Criticizing is talking about you and your _____.

Specific Complaints

vs

Global Complaints

Col 1 9-12 We ask God to give you a complete understanding of what he wants to do in your lives, and we ask him to make you wise with spiritual wisdom.

10 Then the way you live will always honor and please the Lord, and you will continually do good, kind things for others. All the while, you will learn to know God better and better.11 We also pray that you will be strengthened with his glorious power so that you will have all the patience and endurance you need. May you be filled with joy,12 always thanking the Father, who has enabled you to share the inheritance that belongs to God's holy people, who live in the light.