

TEACHING NOTES (underlined words indicate answers for the handout)

Session II — Overcoming the Major Marital Killer

INTRODUCTION:

As I look around and see so many couples breaking up and divorcing the question comes, why? Those who were so madly in love have now decided to call it quits. Why?

I know there is no perfect marriage because you and I are a part of it. I also know of some marriages that had grounds to break up but for some reason they managed to stay together and seemed to be doing alright.

The real apex of marriage is when we experience that agape love where we willingly abandon ourselves for the sake of our spouse. No one is willing to say this is easy to accomplish. But on the other hand, the journey to reach this level in our relationship is an incredible adventure. However, the prize we receive is incredibly sweeter than we could ever imagine.

What is the element that can destroy and kill our marital relationship? I hope your mind is spinning with different answers because there are many.

I believe the major marital killer is unresolved anger. In this session I want to show you why this is so and what improper anger can do to destroy your marriage.

Then I want us to look at how confession and forgiveness is God's remedies for this anger. When we learn this very important lesson then we can avoid walking in darkness and instead walk in the light of God's love, joy, and peace.

My prayer is that one of us here are at this level in our relationships. But may it be understood that most people who are at this level never intended to be and too often do not know how to get out or who simply do not want to.

Remember this thought. Unresolved anger in you relationship, will most likely destroy your marriage.

I. A Christian Perspective On Anger

A. Be Angry, But Do Not Sin. Ephesians 4:26-27

- * Does the Bible teach that we should not be angry?
- * When is anger wrong?

B. Anger is a common, daily emotion that if not brought under control will build up like plaque that cannot be buried or forgotten.

- * It is not sinful to get angry if it is the right kind of anger.
- * The wrong kind of anger will block love from growing in our marriages.

What is anger:

1. Anger is the combination of fear, worry, frustration, and hurt feelings.

- * It is not kicking the cow – that's stupidity.

2. Anger becomes sinful when we hang on to it or nurse it and if we act in a way that is vengeful to the person toward whom we are angry.

- * We should never try to bury anger because it will grow.

II. Anger Can Destroy Your Marriage

A. There are four progressive steps one can take that will begin weakening your marriage because of anger.

1. You withdraw from your spouse.

2. You escalate and inflame your problems and disputes.

3. You belittle your spouse.

4. You allow negative feelings to poison you against your spouse. Feelings become real!!

B. There are four major effects that unresolved anger will have in your life and your marriage.

1. You will experience spiritual darkness.

* When a person allows anger to linger in their life it will begin to extinguish the light of God.

- * Anger will cause a person to walk in darkness. I John 2:9-11

How many people here never get upset with your companion? You can be dismissed from this part of the session.

* Staying angry heads to sin.

* The results of this living in darkness causes a person to be opened to greater temptation for the things of this world such as:

That is why certain people end up doing things that they never dreamed they would do.

a. Sexual temptation

* examples: internet search, specific appreciation by the opposite sex

b. Chemical addiction

c. No desire for spiritual things.

d. No vision for God.

2. You will have emotional reaction.

* Your anger can grow into hatred, rage, and bitterness.

* Don't let this attitude become a part of your life.

* If anger becomes a part of your life learn to make a choice to ask for forgiveness.

* Learn to forgive.

3. You may have physical failure.

* Anger increases our chances of getting diseases and of having heart attacks.

* Males who harbor anger are six times more likely to have a heart attack.

* Anger lowers the immune system so that some sickness can come to us because we could not unload anger.

4. You may have relational breakups.

Not all marriages will break up but some are not enjoying the journey.

Anger held in our hearts can make intimacy with our companions threatening.

The results may well be for us to want to be at a distance from them.

When we possess anger then our leadership influence will be damaged.

When you are angry at someone you begin to lose sensitivity towards their needs.

This is very important for fathers to understand since it has been proven that the majority of prostitutes , male and female are angry with their dads.

C. Anger is at the root of many of our present day divorces.

1. Anger is the terrible inheritance that is passed down from generation to generation.

2. There is research that suggest 80% of 2nd generation divorces are influenced by the unresolved anger of parent's divorce.

- I heard of an incident where a girl reacted to her husband sexually because he had put on the same cologne as her sexually abusive father had worn.

* May we clearly understand that when our children are angry with us then they will not buy into our values.

* We must check our hearts for any unconfessed anger.

III. Proper Steps To Keep Anger In Its Proper Place.

A. You must keep close to God. How?

1. Prayer
2. Study of Scripture
3. Obedience to God

* Listen, these are not just simple solutions to help with the problems. These are profound and absolute solutions.

B. You must be able to determine when _____ action is necessary.

* You probably cannot do this if you are not close to God.

1. This action is necessary when you or your spouse have a closed spirit to each other.

2. It is necessary when you are not talking or connecting to each other.

3. It is necessary when your marital peace has been disturbed and you feel it is unsafe to share your feelings or to express your needs to each other.

4. When you have offended your companion, make a choice to repair the damage.

C. You must take certain steps when you have hurt others.

1. Confess in a spirit of humility the wrong done and seek forgiveness.

* This will help open your companion's spirit.

2. Responding with a gentle spirit will help turn away your partner's anger.

* This will help you show your companion how they value their needs.

3. Be willing to take all the responsibility that is yours and do not point out the faults of your companion.

* If you think your companion is 80% responsible for the conflict then you are 100% responsible for your 20% of the conflict. Be quick to apologize.

D. You must know what to do when others have hurt you.

1. Forgive them and release them to the Lord.

* Romans 12:14, "Bless those that persecute you; bless and do not curse."

* When you release them to the Lord, you are also being released from the corrosive effects of anger and bitterness that could poison your life.

2. Act quickly to repair the relationship so Satan will not have an opportunity to work.

3. Refuse to hold onto anger.

* When you keep holding on to the anger and refuse to forgive, it is like being mad at a rat and staying mad at the rat and you take the rat poison and wait till the rat dies.

* You are the one that is getting infected.

4. Call upon the Lord in the day of trouble.

* Psalm 50:15, "Call upon me in the day of trouble; I will deliver you and you shall glorify me."

CONCLUSION

Tonight, some of us may be in the initial steps of anger. You have been trying to cope and overcome but your companion has caused you much anger, or at least that is who you blame it on.

Well, there is hope. Call upon the name of the Lord!!!

We are getting ready to break away for the evening. I think tonight would be a good time to begin to search your heart for anger. Spend some time with your companion in prayer.

Lord, search my heart.