

## STUDENT HANDOUT — Seminar 4, Session 2

### Overcoming the Major Marital Killer

#### INTRODUCTION

What is the element that can destroy and kill our marital relationships? 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 are 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.

#### I. A Christian Perspective On Anger.

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

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

What is anger?

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

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

#### 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 \_\_\_\_\_ from your spouse.

2. You \_\_\_\_\_ and \_\_\_\_\_ your problems and disputes.

3. You \_\_\_\_\_ your spouse.

4. You allow \_\_\_\_\_ feelings to poison you against your spouse.

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

1. You will experience \_\_\_\_\_.

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

b. Spiritual darkness causes a person to be opened to greater temptation for the things of this world such as:

- 1.) Sexual temptation
- 2.) Chemical addiction
- 3.) No desire for spiritual things.
- 4.) No vision for God.

2. You will have \_\_\_\_\_.

3. You may have \_\_\_\_\_.

4. You may have \_\_\_\_\_.

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

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

2. Research suggests \_\_\_\_\_ of 2nd generation divorces are influenced by the unresolved anger of parents' divorce.

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

A. You must keep close to \_\_\_\_\_.

1. \_\_\_\_\_

2. Study of \_\_\_\_\_.

3. \_\_\_\_\_ to God.

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

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

2. It is necessary when you are not \_\_\_\_\_ or \_\_\_\_\_ to each other.

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

4. When you have \_\_\_\_\_ your companion, make a choice to \_\_\_\_\_ the damage.

C. You must take certain steps when you have \_\_\_\_\_ others.

1. \_\_\_\_\_ in a spirit of humility the wrong done and seek \_\_\_\_\_.

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

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

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

1. \_\_\_\_\_ them and \_\_\_\_\_ them to the Lord.

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

2. \_\_\_\_\_ quickly to \_\_\_\_\_ the relationship so Satan will not have an opportunity to work.

3. \_\_\_\_\_ to hold onto the anger.

4. \_\_\_\_\_ 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."