

A Marriage Minute™

A simple help to make your marriage just a little better this week.

A CANCER CALLED ANGER



*" Better a patient man than a warrior, a man who controls his temper than one who takes a city.
--Proverbs 16:32*

Nothing is more devastating to a relationship than residual anger that continually rises to the surface at the slightest provocation. Now, we all get angry from time to time.

That's not the problem. Even Jesus got angry, but in his expression of anger he didn't sin. The anger isn't the problem. It's how we express it that can get us into trouble. If we don't express it properly it can be destructive. On the other hand, if we keep stuffing it, it will eventually find its way into every cell of our being until we become an angry person. It's one thing to be a person who gets angry from time to time. It's another thing to become an angry person. **An angry person is incapable of having a healthy loving relationship with anyone.**

Residual anger becomes a barrier to intimacy. It becomes no longer just a temporary feeling, but rather it becomes who you are. Unresolved, residual anger is a marriage and family killer.

We need to be honest with ourselves. Take inventory to determine if you have residual anger toward anyone, or anything, or even God! Then we must work toward repentance and forgiveness until the cancer of anger is fully removed and replaced with God's tenderness and mercy. Then you will be able to receive God's love for yourself, and extend it to others, or the cancer called anger will continue on its malignant course of destruction.

Question For the Both of Us: Do you think I am an angry person? How does it show? How does that make you feel?

Prayer for both of us: Lord help us manage our anger in a way that is pleasing to you. We offer it up to you, and humbly ask that you would replace it with tenderness and mercy.

*This MARRIAGE MINUTE© is brought to you by Marriage & Family Savers Institute.
Visit them at www.marriageandfamily.org.*

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