

## 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 pops up its ugly head at the slightest provocation. An angry person is incapable of having a healthy loving relationship with anyone. 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. If we keep stuffing it, eventually it will find its way into every cell of our being until we become an angry person. In other words, it's one thing to be a person who gets angry from time to time. It's another thing to be an angry person. An angry person is incapable of a healthy loving relationship. Unresolved anger becomes a barrier to intimacy. It's no longer just a temporary feeling; it becomes part of who you are. Unresolved 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 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 course of destruction.

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.

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