

## A Marriage Minute™

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

### LOVE IS NOT EASILY ANGERED

--1 Corinthians 13:5



Anger is not, in itself necessarily a bad thing. Jesus was angry at the temple when he turned the tables of the moneychangers, yet we know He was without sin. Scripture tell us: "Be angry and sin not,"(Ephesians 4:26). So anger isn't the problem. It's the object and the expression of that anger that gets us into trouble. If we are easily angered the problem may be that we aren't just a person who gets angry, but we are an **angry person**. There's a big difference. An angry person is one who is filled with anger because of some perceived injustice, which they believe in their hearts, was perpetrated on them. Very often it has to do with something that took place years ago. Because they have not been able to resolve that sense of injustice they carry it with them, and it lurks just under the surface waiting to be triggered by the slightest provocation. They believe in their hearts that they got a raw deal. These people become unapproachable and incapable of having a healthy loving relationship. Love is not easily angered. If you are an angry person you do not have the ability to love. It's impossible. If you want to love you need to resolve the anger issue. Identify it. Bring it into the light where the blood of Jesus is available to bring forgiveness, healing, cleansing and new hope, (1 John 1:7,8). Only then can you begin to receive God's love for yourself and then have it to give to others. Until then, you will remain an angry, and an emotionally handicapped person. If you can honestly say you aren't an angry person, but you do get easily angered, then check your expectations. Either others aren't giving what you expect, or they are giving what you don't expect. In either case, your expectations need to be readjusted.

Question for dialogue - Are we easily angered? Are we approachable? Are we people who get angry, or are we angry people? Where do we need to adjust our expectations?

Prayer for the both of us: Lord, help us to resolve our anger issues so that we may be capable of having a loving relationship. Bring into the light any hidden source of anger so that we may deal with it and move forward.

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*This Couples Devotional is brought to you by Marriage & Family Savers Institute. Visit them at [www.marriageandfamily.org](http://www.marriageandfamily.org)*

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