

GOOD

& ANGRY

jeanie cox

- Proverbs 14:29, 15:18, 16:32, 19:11
- Ephesians 4:26
- James 1:19-20
- Matthew 7:1-5
- James 4:1
- Romans 8:28
- Ecclesiastes 7:8-9
- Proverbs 15:1

“Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. “In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.” Ephesians 4:25-27

Covert Anger: Sarcasm, “just kidding”, grumbling, complaining, gossip, defending, annoyed, frustrated, smoldering, vengeful, irritable, entitled, eye-rolling, superior.

Cold Anger: Silent treatment, withdrawal, indifference, cold shoulder, controlling, “stupid”, detached, keeping score, criticizing.

Hot Anger: Jealousy, wrath, war, murder, quarrels, explosions, rage, envy, hate, vengeful, attacks, win, violence, oppression, abuse.

- Sarcasm says, “You are stupid and I am not.” Then it adds, “just kidding”, as you enjoy enjoy your self-righteous vantage point.
- Grumbling and complaining speak the common refrain of all anger: “I want something and I am not getting it.” Or in short, “I WANT!”
- Gossip is the judge who publicizes his or her verdict and tries to convince others to pronounce the same verdict.
- Withdrawal and silence are nasty. They are forms of punishment. You will not show your favor to the wretched soul until he or she begs forgiveness and makes amends.
- Indifference might be the worst form of anger. You simply do not care about the person anymore. You have judged him and sent him off into exile where he can bother you no more.
- Envy says, “I want what you have.” Broken relationships are sure to follow.
- Jealousy takes envy one step further and says, “I deserve what you have, and you do not deserve it.”

"Please forgive me for wanting to be God rather than worship you. Please forgive me for saying in my anger, 'MY will be done rather than your will. Please forgive me for wanting to be above all and to stand in judgment rather than live under you."

Welch. A Small Book About A Big Problem. 2017

Take Home The Nest:

1. Read through the types of anger together. Ask what displays of anger do you see in me? Share what ways you see anger develop in yourself and share ways you see it develop in your spouse.
2. Do you need to confess anger? Humbly bring this to your spouse or child(ren) and seek forgiveness.

Take time within this next week to discuss one or more of the above questions with your husband about how you can grow together in God's design for marriage.