

## Anger in Marriage

Thinking biblically about anger in our own hearts or in the dynamic between two hearts.

Marriage is an agent for change and anger can give us clues to what needs to change!

Think about anger:

- In our own marriage
- In the marriages of others (whether we are single or married)

A potentially frightening, difficult subject?

Or an opportunity for the grace of the gospel to be experienced and played out as the riches of God's resources are applied to angry couples?

In our own marriages –

What makes us angry?

What are the different expressions of anger we experience?

Where do we turn for counsel?

### How can Biblical Counselling help us with Anger in Marriage

Three trees model – in 3D!

Three trees is a CCEF model built around biblical principles about the heart (Instruments in Redeemer's Hands for full explanation) based on Jer 17 v5-9

#### 1. What are some of the sources of heat that come at a marriage?

- Health worries
- Financial worries
- Work
- Bereavement
- Others – children extended family, friends
- The world

#### 2. How does the bad fruit of grow in marriage?

- ANGER - Rage, contempt, defensiveness, criticism, aggression, bitterness
- Damage to children, self, spouse, God

#### 3. What's going on in our hearts – what's ruling the two hearts?

Idols – Pride (self protection/selfish desires), Marriage, Expectation of spouse,

All wisdom of Flesh gets us in terrible trouble. When these things rule our hearts, we will get angry as we look to our idols to satisfy us

#### 4. Who is God? What does He say to our hearts about marriage - Ephesians 5v21-33

God loves us

Intimately,

Sacrificially,

Redemptively

Father (Gen 2),

Son (Eph 5v21-33)

Spirit (Eph 5 v 18-21)

#### 5. How does the heart respond that trusts God?

Repentance - We draw close to God, to trust and love God from our heart

Hebrews 4v12-16

#### 6. What does the good fruit of a marriage look like?

\* Gospel Relationships—We can apply and work out the gospel in marriage all the time in the big and the small moments by denying ourselves. our desires our rights and prefer needs of other.

Marriage allows us to play out gospel all the time to know that love can never be earned on based on performance but grace alone.

\*Forgiveness – From grace we have been shown, forgive our spouse. The way we know we are forgiven sinners is that we can forgive. When we hold onto anger or bitterness and it grows then we´ve forgotten the gospel

\*Submission - We see the joy and peace that comes when we prefer the needs of the other, choose to submit to, serve and love one another

\*Love – Give love freely without expectation. In Christ we have completeness not looking to other one to meet our needs. We can choose to let go of anger and move towards one another in love

\*Redemptive power - To reset and restore as each person looks at one another and sees a beautiful thing that God has the potential to change

\*Friendship – Partnership is so much more than romance Gods design for marriage is to leave and cleave and pull in the direction of God. Not two people not staring at each other but upward and at horizon where one day we will stand before throne together.

- Grace, Honesty, Security, Patience, Affirmation, Unity

These fruit are all interlinked & in turn have a wonderful ripple effect on those around us.

Anger, hurt and damage can be extreme, but so is God in his remedy and resources for marriage.

We can see conflict in marriage as a way into understanding our own hearts

- Vehicle for change - It can change us and teach us about repentance and grace
- For identifying idols that have a strong hold on our hearts Conflict in marriage teaches us about our sin - towards god as we see it played out towards one another
- Crucible - it can withstand extreme heat, mixing two compounds and burning of the dross

Marriage is glorious because it was the creation of our glorious God who sent his son to pay the ultimate price so that we can have a taste of his love in our marriage When you see anger in your marriage or those friends come to you in a mess, it is an opportunity for the Gospel to be shown!

**Further resources -**

*What did you expect?* by Paul Tripp,

*Married for God* by Christopher Ash,

*The Meaning of Marriage* by Tim Keller,

*Marriage Matters* by Winston Smith

*Sacred Marriage* by Gary Thomas

[Series of 9 Podcasts on Marriage](#) by Tim Keller, Redeemer Church