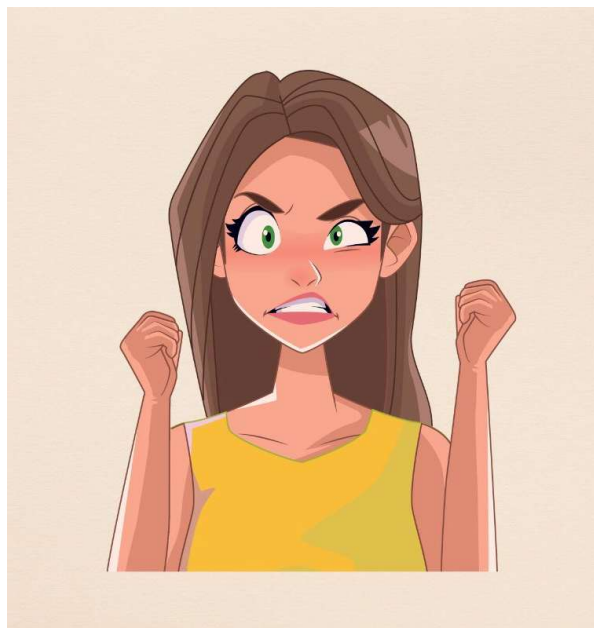
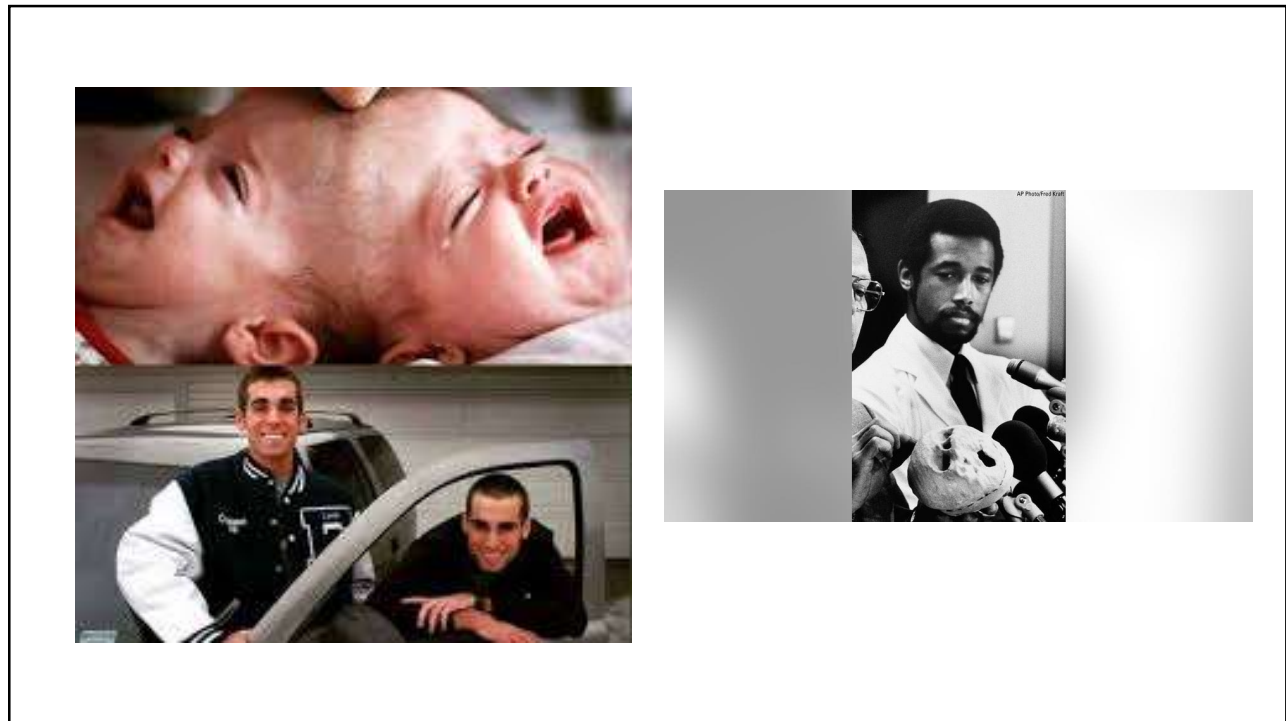
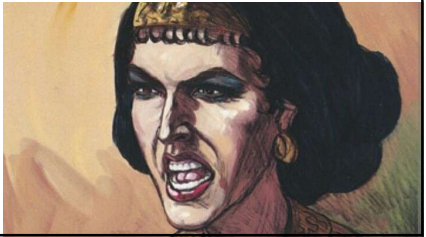
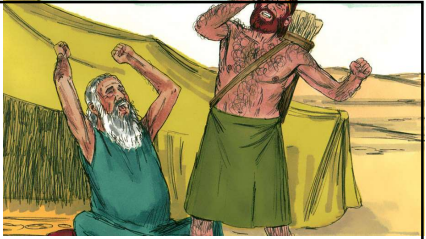


## How to Deal with Anger









## Matthew 5

<sup>21</sup> “You have heard that it was said to the people long ago, ‘You shall not murder, and anyone who murders will be subject to judgment.’

<sup>22</sup> But I tell you that anyone who is angry with a brother or sister will be subject to judgment.

Again, anyone who says to a brother or sister, ‘Raca,’ (a word used for apostates) is answerable to the court. And anyone who says, ‘You fool!’ will be in danger of the fire of hell. \*

<sup>21</sup> Oísteis que fue dicho a los antiguos: No matarás; y cualquiera que matare será culpable de juicio.

<sup>22</sup> Pero yo os digo que cualquiera que se enoje contra su hermano, será culpable de juicio; y cualquiera que diga: Necio, a su hermano, será culpable ante el concilio; y cualquiera que le diga: Fatuo, quedará expuesto al infierno de fuego.

*Thoughts from the Mount of Blessing p. 19*

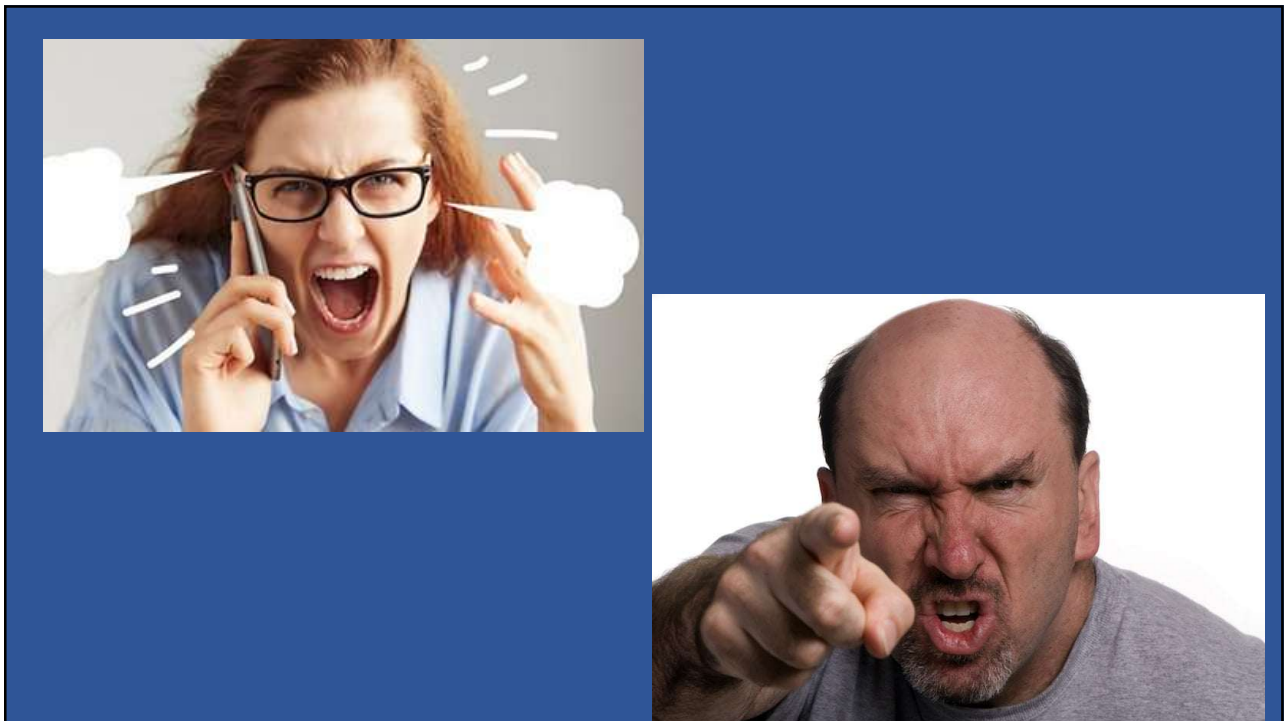
The spirit of hatred and revenge originated with Satan, and it led him to put to death the Son of God.

Whoever cherishes malice or unkindness is cherishing the same spirit, and its fruit will be unto death.

In the revengeful thought the evil deed lies enfolded, as the plant in the seed.

"Whosoever hates his brother is a murderer: and ye know that no murderer hath eternal life abiding in him." 1 John 3:15







**CONFLICT RESOLUTION IN MARRIAGE**  
A guide to crisis free marriage

### How To Effectively Resolve Conflict:

- Take care of your spouse
- Identify the problem, pray about it, and offer a solution
- Do not try to agree on what happened
- Take breaks and calm down
- Go back and talk about the situation so that it is not repeated if possible
- Pray together
- Make sure to resolve the conversation
- Avoid personal attacks that belittle your spouse
- Try not to jump into defensiveness
- Resist the temptation to shut down and stop participating in the conversation

4 things that can cause  
your relationship to end.

1. Indifference
2. Neglect
3. Contempt
4. Violence







## 1. Realize the cost of uncontrolled anger

Proverbs 15:18

**A hot tempered person  
stirs up conflict.**

El hombre iracundo promueve  
contiendas;. Mas el que tarda en  
airarse apacigua la rencilla.

Proverbs 14:29

**He that is slow to anger is of great  
understanding: but he that is that is  
quick tempered exalts folly.**

El que tarda en airarse es grande de  
entendimiento;  
Mas el que es impaciente de espíritu  
enaltece la necedad

Proverbs 14:17

A quick-tempered person  
does foolish things.

El que fácilmente se  
enoja hará locuras.



1. It creates anger in them
2. It creates apathy
3. It creates alienation
4. It models anger.



Proverbs 11:29  
The fool who provokes his  
family to anger and  
resentment will finally  
have nothing worthwhile  
left.



Realize the cost of uncontrolled anger.

What is the cost?

- You can lose your family.
- You can lose your marriage.
- And divorce is very expensive.

2. Resolve to  
manage my anger.





Proverbs 29:11  
A fool gives full vent to  
his anger, but a wise  
man keeps himself  
under control. \*

Proverbios 29:11

"El necio da rienda  
suelta a su ira, pero el  
sabio sabe dominarla"

**RESOLVE-  
Choose in  
advance**

Step 1 Realize the Cost of anger

Step 2 Resolve to manage it.

With the Lord's help I can change.

3. Reflect before reacting.  
That is, think before you speak.

- Don't respond impulsively.
- Stop
- Keep quiet.



My dear brothers and sisters, take note of this: Everyone should be QUICK TO LISTEN, SLOW TO SPEAK **AND** SLOW TO BECOME ANGRY, because human anger does not produce the righteousness that God desires.

*James 1:19-20*

**Santiago 1:19-20**

**Mis queridos hermanos, tengan presente esto: Todos deben estar listos para escuchar, pero no apresurarse para hablar ni para enojarse; pues el enojo de una persona no produce la vida justa que Dios quiere."**



- Be quick to listen.
- Don't be quick to speak
- Don't be quick to get your point across to share your side of the story.
- Don't be quick at defending yourself.

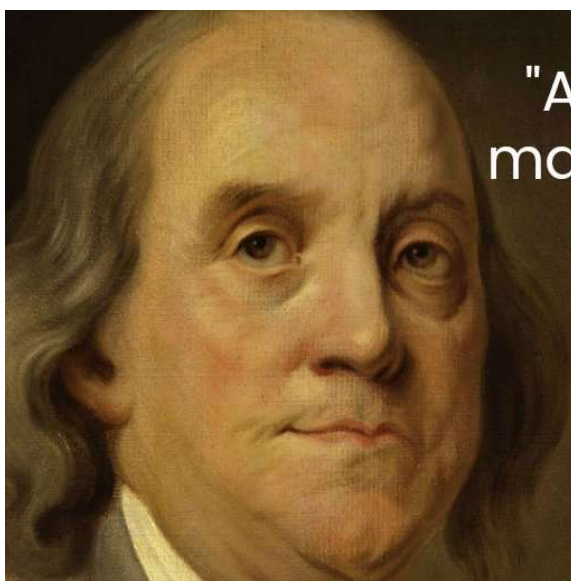


**listen**

WHAT DOES IT MEAN THAT WE SHOULD BE

**quick to listen  
and  
slow to speak?**

(JAMES 1:19)



"A slip of the foot you  
may soon recover, but  
a slip of the tongue  
you may never get  
over."

– Benjamin Franklin

Proverbs 13:3 ESV

Whoever guards his mouth preserves his life; he who opens wide his lips comes to ruin.

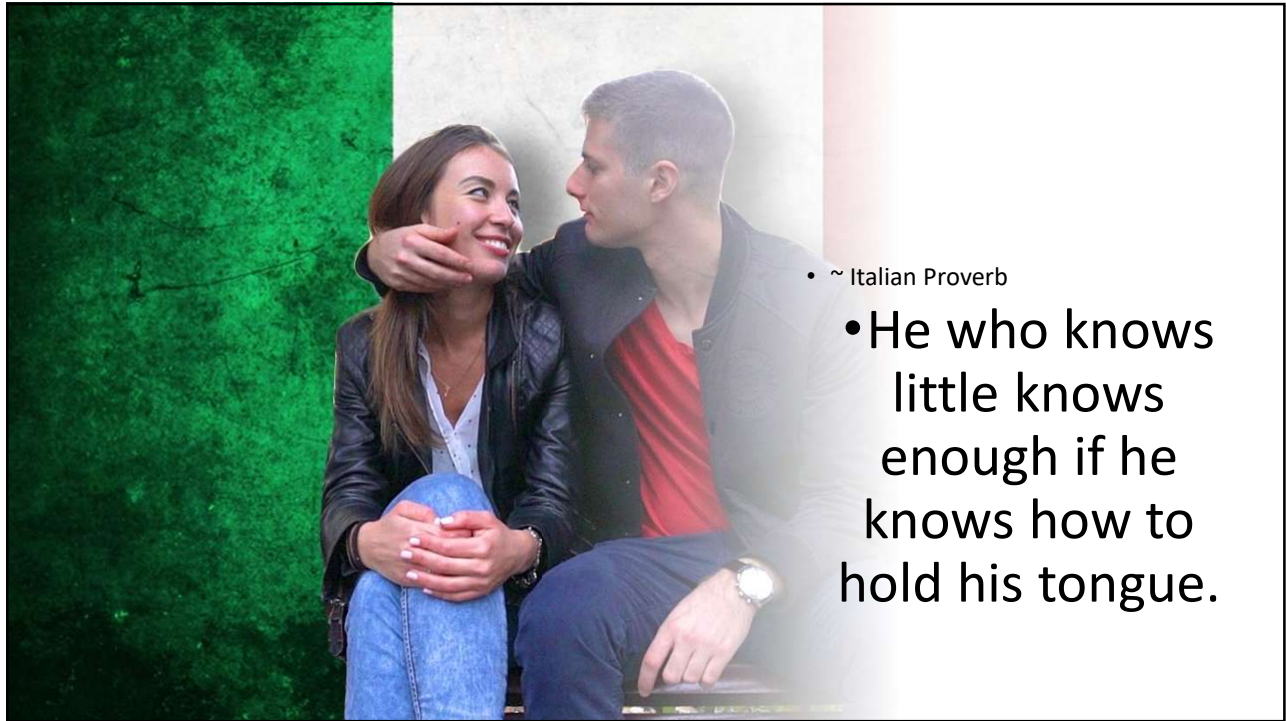
Proverbs 13:3 The Message (MSG)

Careful words make for a careful life; careless talk may ruin everything. \*

El que refrena su lengua protege su vida,  
pero el ligero de labios provoca su ruina.

**Proverbios 13:3**





Loose tongues are worse than wicked hands.

-Yiddish Proverb

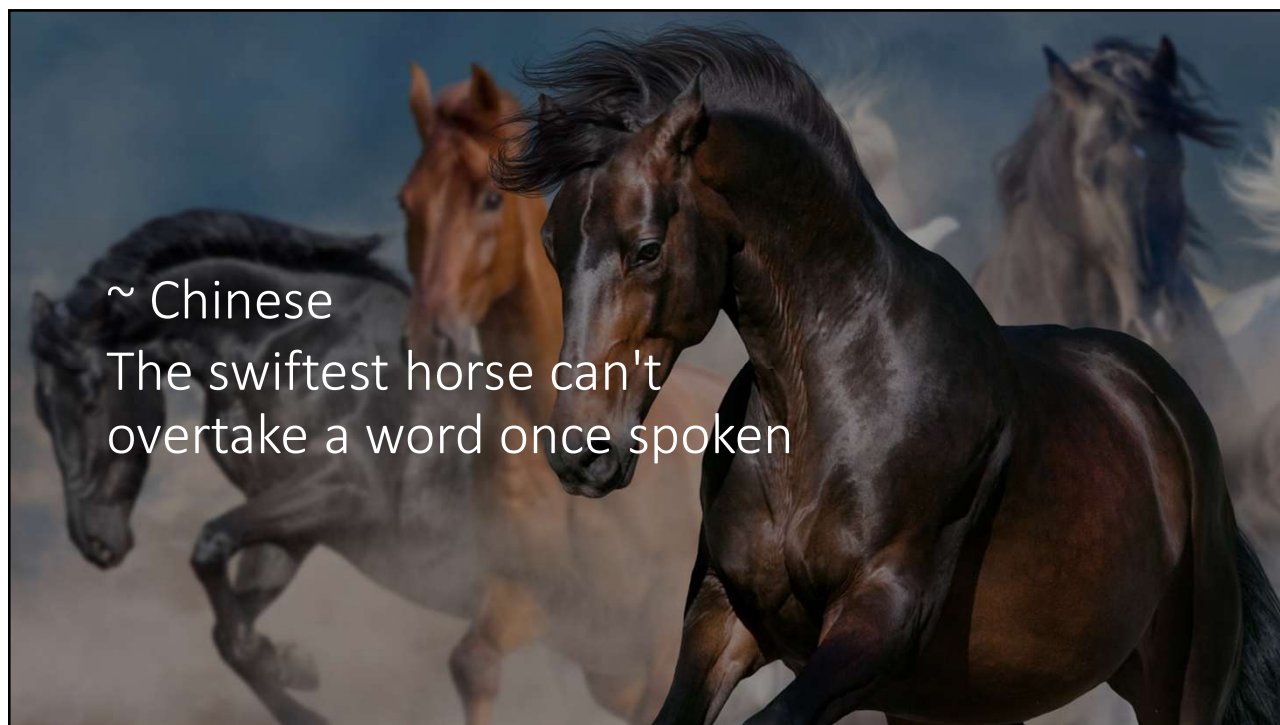
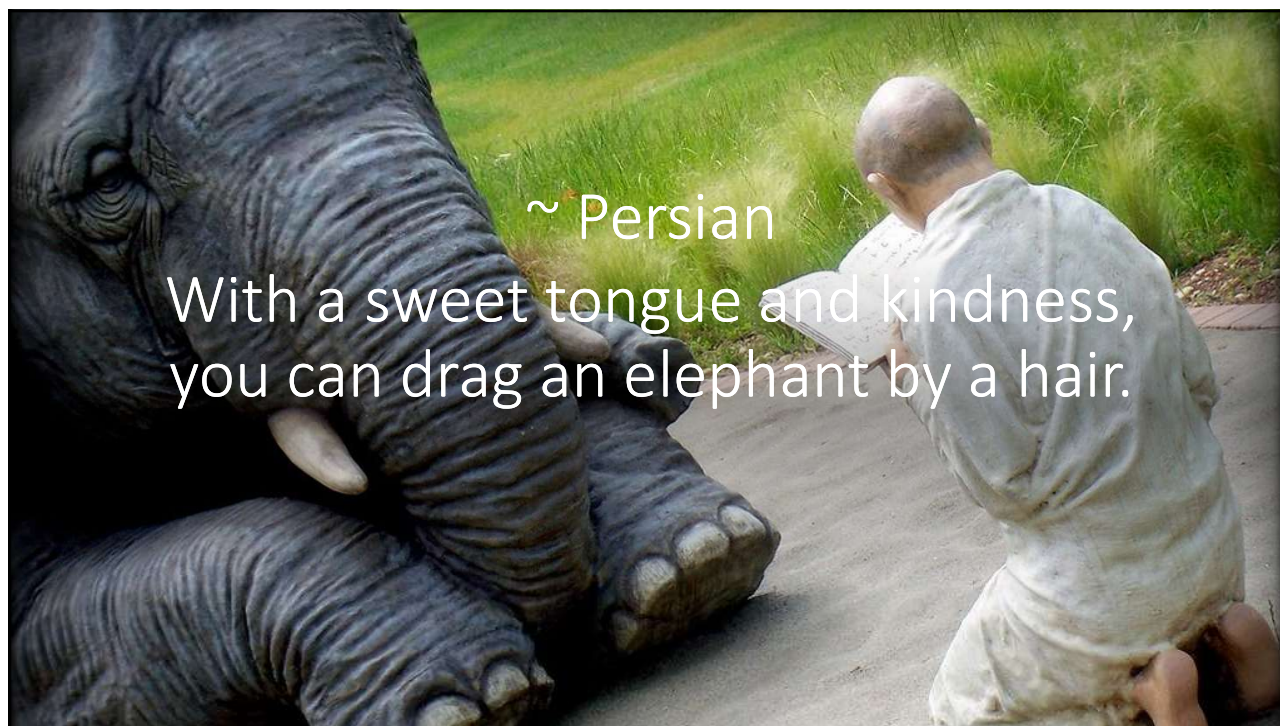


The wise man has long ears and a short tongue. - German proverb



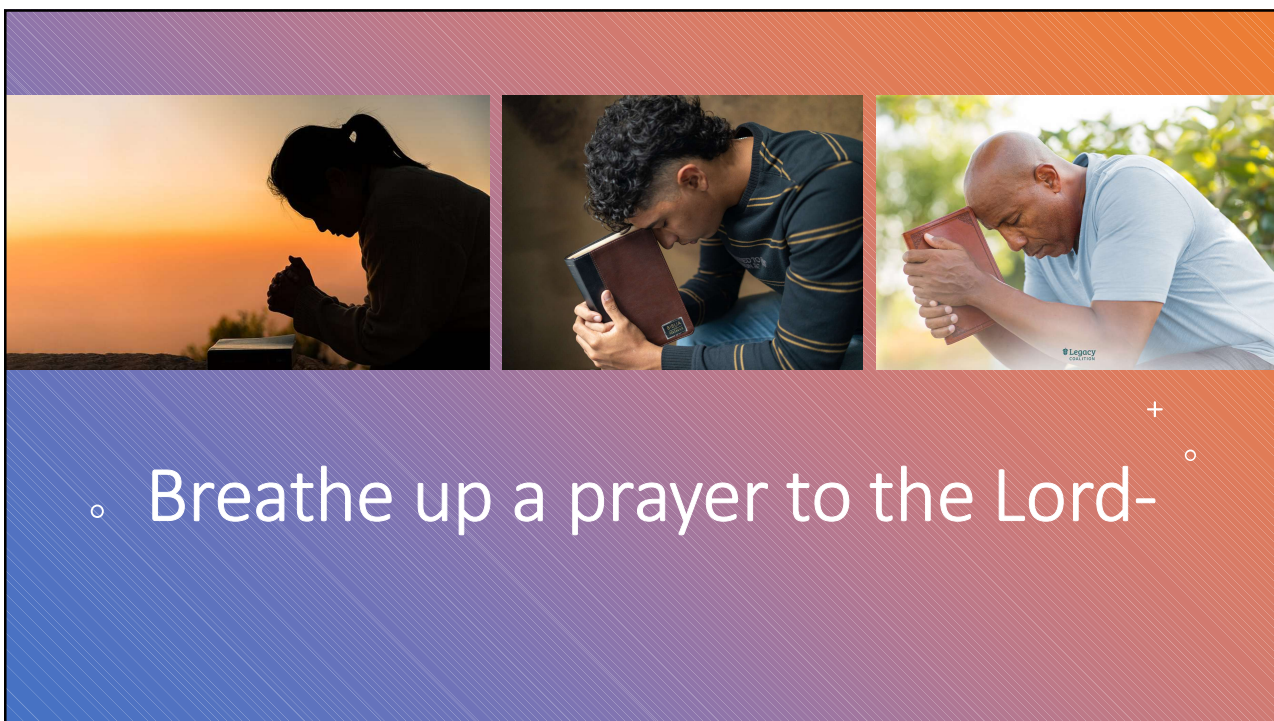
• ~ Hawaiian Proverb

Sweet tongues  
buy horses on  
credit.





EVERYONE SHOULD BE  
QUICK TO LISTEN, SLOW  
TO SPEAK, AND SLOW TO  
ANGER,



◦ Breathe up a prayer to the Lord-

## 2. Analyze and try to understand your anger.

Proverbs 19:11

A man's wisdom gives him patience; it is to his glory to overlook an offense.

A soft answer turns away wrath, but a harsh word stirs up anger.

- Prov 15:1

La respuesta suave aplaca la ira, pero la palabra áspera hace subir el furor.

**Proverbios 15:1**



Another reason why you want to be slow to anger is that

**Being slow to anger, overlooking offenses, is completely counter-cultural.**



**Being slow to anger reflects the very character of God.**

Psalm 103:8  
The LORD is  
merciful and  
gracious,  
slow to anger,  
and plenteous in  
mercy.

Misericordioso y  
clemente es  
Jehová;  
lento para la ira,  
y grande en  
misericordia.





