

Home Improvement Series: Building Healthy Relationships
Part Five: “Handling Anger in Your Relationships”
Pastor Dale Campfield - July 25th, 2010 INTERNET MESSAGE ONLY

Intro:

Matt 28:19 *“Go and make disciples of all nations...”*

ECC Process of Discipleship: Making an IMPACT...To Love...To Grow...To Serve

We have 3 priorities – To love...which is expressed in our Sunday morning celebration and connection groups. To grow... which is expressed in our Path to Discipleship. To serve...which is expressed in our daily lives in the places we live, work and play; as well as through the local church. The vision of E.C.C. is to gather together weekly for corporate worship, loving God and each other; then to come together in small Connection Groups for discipleship and fellowship, and are regularly involved in reaching out to others with the love, acceptance, and forgiveness of Jesus Christ through community outreach. To Love...To Grow...To Serve!

We’re currently in sermon series entitled, “Home Improvement”. This series is all about Building Healthy Relationships. Thanks to Pastor John Baird for preaching for me last week while Butch and I were in Hawaii, celebrating our 30 year anniversary. He did a great job!

Our two theme texts are...

Philippians 2:2

"Live together in harmony and love, as though you only had one mind and spirit between you."

God's ideal for your relationships, whether you're married or not (even if you're not married you're going to get a lot out of this series because it's about relationships) is harmony, intimacy (love) and unity (one mind). The reality is that a lot of our relationships are disharmony, conflict and disappointment.

Ephesians 4:3

"Make every to keep the unity of the Spirit."

I would encourage you to be following along with us in our WARRANTY booklets. The WARRANTY is filled with four scriptures from God’s Word each week for you to memorize.

Today’s message (which will only be on the internet through these notes) will deal with “Handling Anger In Your Relationships”. How do You Handle Anger in the Home? Actually this applies in any relationship. How do I handle anger against anybody? How do I handle anger within my relationships with family, at work, with my neighbors, with those I love?

In any relationship that you have, conflict is inevitable. You're going to have conflict because human beings disagree.

- Conflict in your home is inevitable but combat is not.
- You must learn how to disagree without being disagreeable.
- You've got to learn how to argue without assassinating.
- In every relationship, when you have a conflict, you will either have a breakdown or a breakthrough.

The relationship will either be destroyed or damaged because of the conflict and there will be a breakdown in communication. Or there will be a breakthrough to a new level of maturity and intimacy and fellowship. The key is how you handle your anger.

The Bible says in...

Proverbs 11:29

...that mishandled anger can cause enormous damage in relationships. (Living Bible) *"The fool who provokes his family to anger and resentment will finally have nothing left."*

More marriages and more families are destroyed by anger than anything else.

When it comes to dealing with conflict everybody in this room today falls into one of two camps. You either tend to be a passive person or you tend to be an aggressive person. When it comes to anger and conflict you either resist or you have a tendency to run. You're a resistor or runner. You have a tendency to either fight or you have a tendency to flee when conflict happens. In most relationships, one person tends toward being violent and the other person tends toward being silent. I like to say when God puts couples together He puts skunks and turtles in the same family.

ANGER/CONFLICT

Passive Person

Run from it
Silent tendencies
Would rather flee
Is more like a turtle

Aggressive Person

Deal with it
Violent tendencies
Would rather fight
Is more like a skunk

Some of you are skunks. With a skunk you know exactly where they stand. They let you know. And when they're upset they don't mind stinking up the whole place. They spew. Everybody knows how they feel.

On the other hand, some of you are turtles. When conflict comes you pull back into your shell. You withdraw. You become distant. You back out of the relationship.

God loves variety. Is there any alternative? Yes there is.

At every point in your life, you are always moving in one of three directions.

- Moving against people in anger
- Moving away from people in fear
- Moving with people in love.

There are only three ways to move in life. The idea in anger control is not to eliminate anger because you can't, but learn how to express anger in appropriate ways, in ways that benefit you and benefit the other person.

Today what we're going to talk about is a very, very important skill. It is absolutely essential for a healthy marriage, healthy families, a healthy relationship. It is absolutely essential for a strong family -- learning to deal with how you feel. Learning how to handle anger.

What does the Bible say about how to handle your anger?

WHAT DO I DO WHEN I'M ANGRY?

1. I MUST ADMIT MY ANGER

I need to stop denying it, stop pretending it's not there. When I'm angry I just need to say, "I'm angry"

Ephesians 4:25-26

"Stop lying to each other; tell the truth. When we lie to each other we are hurting ourselves. If you are angry, don't sin by nursing your grudge."

It says, *"Don't sin by nursing your grudge"*. There's a right way to get angry and there's a wrong way. There's an appropriate way and an inappropriate way. There is a constructive way to get angry and there is a destructive way to get angry. Anger is not sin. God gets angry. 375 times in the Old Testament it says God got angry. Jesus got angry. It is not a sin to get angry. In fact, if you never get angry in a relationship it means you're not in touch with reality. There are some things you ought to get angry about. Sometimes anger means "I care!" Sometimes anger is an expression of love. Sometimes anger says, "I'm not going to stand by and watch you waste your life." When you have the idea that a Christian should never get angry that is not only unreasonable, it's unbiblical because even God gets angry. It's not how you get angry it's what you do with your anger that makes it a sin or not. He says learn to get angry without sinning.

He says, *"stop lying to each other"*. In other words, it's wrong to deny it when you're angry. You say to someone, "You're angry." "No, I'm not!" "Yes, you are." "No! I'm not angry!" "I can tell you're angry!" "I'm not angry!"

The Bible says that anger isn't necessarily a sin, but lying about it is. When you're angry and you won't admit it, now you're sinning. Because that's called lying. The starting point is to admit my anger. I can't work on it until I admit it.

Doctors say that the number one cause of depression is anger. Depression is often frozen rage. It is angry feelings stuffed down, taking itself out on my body in the form of depression. Some of you who are depressed this morning should stop saying to yourself, "Why am I depressed?" and say, "What am I angry about?" Because that's the real issue. What am I angry about and I don't want to admit? What am I swallowing in anger that's causing me to be depressed? The issue is not how to eliminate anger from your marriage and relationships but how to express it appropriately.

In order to do that, you have to understand your anger.

2. I MUST UNDERSTAND MY ANGER

Some of you are turtles when you deal with anger, you just sneak away, back into your safe place, ignore it, run from it, etc. But, even for you there are different kinds of ways of expressing anger, besides just being a turtle. There is a way I call the underhander.

The underhander is the person who will throw darts at you, sarcastic little jibes at you. When you draw back they'll say, "Just kidding!" They're slippery and really hard to pin down because they don't like to admit that what they're doing is being angry.

Then there are the people who are the martyrs. Every times something happens they'll say, "You're right. It's my fault. It's always my fault. It's me!"

Then there are the people who take their anger and they will not admit it for anything. But what happens is they take it out on their bodies. And their bodies have all kinds of reactions to at least 4 or 5 different specific illnesses that doctors say are related to swallowing your anger.

So those of you who are skunks, just realize there are lots of other ways of inappropriately expressing anger too. But the more I've grown as a Christian, the more I understand what are the things that have made me angry or why I express myself the way I do, then God is able to get control of this very weak area in my life. And I am growing in it.

Proverbs 19:11

"A man's wisdom gives him patience."

Proverbs 14:39

"A patient man has great understanding but a quick tempered man displays his folly."

The point of this is to begin to look at yourself and ask questions like, "Why am I angry? Why does this situation upset me so much?" When you begin to understand what it is that's going on in your heart, God can work on you and you can begin to resolve some things.

Anger is a warning light in our lives that lets us know that there's something very deep that's causing us to be upset. We get irritated over inconsequential things. But when you get really angry that's a clue to you that you need to stop and ask yourself, Why? and What's so upsetting in this? Because it's touching a life deep issue in your heart.

Arguments rarely start with the real issue. I recently read this testimony from a fellow minister of the Word... "We have discovered in our relationship that most of our arguments begin over surface issues. Really dumb, dumb things! One of our most famous arguments was over soap and what kind of soap I bought for our house. I thought Dial soap was perfectly fine and I saw no reason why I shouldn't buy that every season for all of our fifty thousand years of life. What's the problem with that? Rick decided that was not OK and I needed to buy different varieties of soap. Somehow this called into question my skills as Susie Homemaker and I got very, very angry about this. So we had this gigantic argument over soap. So to please him, since he liked variety, I went out and bought him every kind of soap that they make. And I put them in a big box and he can shower with any he wants to and be happy with variety.

Our most recent dumb, dumb argument was our van does not fit in our garage. I don't know why they don't make garages that fit your car. But our van doesn't fit in our garage, so we park both of our cars out in the driveway. This led to a very stupid argument over who should park where and how close it should be to the driveway at what angle. Totally dumb, dumb argument!"

When you read those stories of that couple, I'm sure your own stories are now arising within you of the arguments that you've gotten into. You look at your arguments, and then realize that those weren't the real issues. We have to go beneath those issues to see what it was that was really causing us to be angry. We have to hang in there.

That leads me to the three phases of an argument. For my bride Butch and I we have found that these seem to be true most of the time.

Phase One is recognition.

This is where the sharp words start getting exchanged. Somebody looks at somebody else wrong. Or somebody just says, "That's it! We've got to stop and talk about this," There's a problem. There's a recognition between you that there's something that needs to be dealt with.

Phase Two is called reaction.

This is where you start talking about it. Sometimes it gets a little loud, especially if you're a skunk. Sometimes this is where the discussion just goes on and on. It can get really bad at this point.

But Phase Three is resolution.

That's where you continue to hang in there together until you decide what it is that you're both upset about and what it is that needs to happen to change or start resolving that situation.

The problem is most people stop at Phase Two. Most people stop right there at the loud angry hostile stage. And that's as far as they get. You've got to go to the solution which is Phase Three -- talking about why you both feel the way you do. That takes time.

Cathi and I have discovered that there are about five basic root causes for the anger that we feel in relationships. This also helps you be understanding.

A. We get angry when we feel unaccepted. When someone in the family feels rejected for who or what we are, when we feel like we're compared to other people, when people in our family maybe make fun of us or criticize us, we get angry. I hope you will never make the mistake of comparing your spouse to someone else. That is so devastating to feel like your husband or wife is holding you up against someone else and asking why you can't be like that person. I hope you never make the mistake of comparing your children to somebody else's children. It's devastating to a child. To them that's rejection. It makes us angry.

B. We get angry when we feel unappreciated. When other people in our family take us for granted. When they don't value our effort or notice the work that we've done. When we feel like everything else is more important to them than we are, we get angry. Many, many women feel angry because they are at the bottom of the pile of their husband's attention. His work, job, hobbies, friends, extra-activities, everything comes before his wife and there are many women probably sitting here today that are angry about that. But there are also men and children who get angry about that who feel like their wives or their mothers give everybody else attention and then when it comes to them, have nothing left. When we feel unappreciated we get angry.

C. We get angry when we feel unsupported. When we feel like the people in our family are working against us instead of with us, when they don't share their load of responsibilities that makes us really angry.

D. We get angry when we feel unprotected. When the situations in our lives seems out of control we feel like other people don't care about our needs, when we feel vulnerable, that makes us feel unprotected and we usually get angry.

E. We get angry when we feel uncertain. If we don't feel like we can trust each other or we don't know that the other people in our family are telling us the truth, that makes us angry.

The bottom line for these things, the root causes of most of the things we get angry about are either hurt, frustration or fear. That's usually beneath every kind of angry situation that comes up. If I say to Butch, "You make me so mad!" she's just going to get defensive. But if I turn to her and say, "That hurt me. I'm afraid when you talk like that. I'm so frustrated with this situation in our relationship." Then we can begin to talk. As long as I'm putting her on the defensive by telling her how mad she makes me, she's not under any real effort to try to get to the root. But when I express the feelings, then we can talk about it.

We're also trying to teach this to our children. Children don't know this automatically. You have to teach children how to express their feelings in positive ways. We have to tell our children to say to their brothers or sister, instead of "You make me mad!" or "I hate you!" or "Why did you do that?" but to say "I feel hurt" or "I'm frustrated" or "I'm afraid".

3. I MUST DEAL IMMEDIATELY WITH MY ANGER.

Don't procrastinate dealing with it. Don't put it off. Don't delay it.

Ephesians 4:26-27

"Never let the sun set on your anger or else you will give the devil a foothold."

We are supposed to resolve each day's anger as it comes. We really do have this rule at our home that nobody gets to go to bed with things unresolved. The kids have to resolve things between themselves. They have to resolve them between us. Butch and I resolve things. That's why we've had these marathon nights many, many times, where we have spent hours and hours resolving situations and problems. We never go to sleep angry with each other. We may not always agree with the subject, we'll not be angry with each other. What I see too often though, is people who are absolutely unwilling to put the time into that resolution stage. Not willing to stay at the table until issues are talked about until real feelings are allowed to be expressed and dealt with and solutions begun to be hammered out. It takes time and I'd be willing to bet that many of you are not willing to put that kind of time in. The Bible says Don't go to bed with unresolved anger. Why?

Job 18:4 says...

"You are only hurting yourself with your anger."

I want to recommend a book to you. It's called Make Anger Your Ally by Neil Warren. It is a wonderful book. He defines anger as a physical state of readiness, nothing more than that, nothing less than that. It's a physical state of readiness that prepares us to act. It's good that God has given us anger. He says the physiological changes that happen when we get angry is more adrenalin starts coursing through our bodies, more sugar is released, your heart begins to beat faster, your blood pressure rises, the pupils of your eyes dilate and widen and you become in this highly alert stage. This is good because if God had not given us anger we would be totally vulnerable in this world. We would not be prepared to act to protect ourselves. You wouldn't be able to get yourself out of the way of an oncoming car if you didn't have those physical reactions going on inside of you. Anger prepares us and leaves us very, very powerful.

The problem is when we use that very powerful emotion in the wrong way. Then it becomes dangerous. Have you ever noticed the difference between "anger" and "danger" -- it's just the letter "d" in the front. Anger expressed inappropriately is dangerous. Anger expressed inappropriately can completely destroy lives, can destroy jobs, can destroy relationships. It's common knowledge that most of the murders that are committed in our country every year are not committed by strangers. Most of the murders are committed by family members, relatives, friends, acquaintances who, for one tiny moment, allowed that powerful emotion to be out of control.

I want to talk with you about controlling or expressing your anger in an appropriate way. I told you at the beginning all those different ways of expressing anger: the person who's a martyr, the person who explodes, the person who swallows it, the person who's real slippery or underhanded and you can't pin down. You have reacted that way to anger most of your life. You've acted that way to anger so long that right now it seems automatic. When you get angry you automatically respond in that certain way now. So much so that if somebody says, you really need to change that, you say, "Well, that's just me. That's the way I am. I've always been that way." That's not true. You and I were not born with a certain pre-patterned response to anger. We have learned our expression of anger in our families. You learned it as a young child in your family by watching either parents, brothers or sisters, a friend or relative -- somebody that you looked up to. You patterned yourself after them and the way that they expressed anger.

The good news about that is that because it was learned behavior, something you learned, you can unlearn it. No matter what age you are, you can unlearn that destructive pattern of expressing your anger. Back to dealing with it quickly. I want to close with this. Because anger is a state of physical readiness, because your body is in this hyped

up position, hyped up mode of operating, if you stay that way for very long it's destructive to your physical body. The Bible was so wise when it tells us to deal with each day's anger as it comes. The Bible knows that for us to stay in that continual state of readiness is destructive.

Unresolved conflict keeps growing. And unexpressed anger becomes bitterness and often turns from that into hate and hostility. It doesn't have to be that way. I want to close this with talking about how to let anger be a force for good in your life, how it can be something that's controlled and useful, not a destructive force.

4. I MUST LEARN TO CONTROL MY ANGER.

THE BIBLE SAYS WE NEED TO LEARN TO CONTROL OUR ANGER.

Proverbs 29:11

"A fool gives full vent to his anger but a wise man keeps himself under control."

A mark of wisdom is the ability to control your anger. If you have a hot temper that you can't control, that means you need to learn wisdom. Wisdom is shown in the ability to control your anger.

How do you do that? The Bible gives us four very practical ways to control our anger.

A. Realize the cost.

Proverbs 29:22

"A hot tempered man starts fights and gets into all kinds of trouble."

Have you had your anger into get you into all kinds of trouble? *"People with hot tempers do foolish things."* Anybody want to give a testimony?

I read this, this week. A guy killed his car because he got so angry at it. He ran it into a snow bank and couldn't get it out so he got out a tire iron and smashed all the windows. Took a pistol and shot all four tires, reloaded, opened the hood and shot the engine. The police called it suicide. We do really stupid things when we lose our temper.

The Bible says realize the cost before you lose that cool. Realize what you're losing. The first verse said, *"The fool that provokes his family to anger and resentment will finally have nothing left."* More families are destroyed from anger than anything else. Realize the cost.

B. Reflect before reacting.

Stop and think before you speak. Put your mind in gear before you put your mouth in gear.

James 1:19

"Be quick to listen, slow to speak and slow to become angry."

There are three things to do in that verse. If you do the first two, the third one is automatic. If you're quick to listen, and you are slow to speak, you will be slow to get angry. The problem is,

we jump the gun. We jump to conclusions. We're in a hurry and we just let it out. We say things that we later regret. The Bible says reflect before reacting. Think about what you're going to say before you get into trouble. The New English Bible says, "*A stupid man gives free rein to his anger but a wise man waits and lets it grow cool.*" Circle "lets it grow cool". The quickest way to cut your own throat is with your own sharp tongue. Just be very careful. Think before you speak.

C. Release my anger appropriately.

I need to learn how to release my anger appropriately.

Ephesians 4:29 is a very important verse.

"Do not use harmful words in talking. Use only helpful words, the kind that build up and provide what is needed."

Use words that build up not tear down. Be helpful, not harmful. It's all in how you say it and what you say on whether it's going to be appropriate or inappropriate

Suggestions:

1) Be brief. If you have the ability to hang for 20 minutes without coming up for air, it might not be getting through. Learn to state your case without having to go on and on...

2) Be specific. Instead of making general condemnations like "You're so messy! You're just a pigpen!" be specific "Would you mind picking up your dirty underwear in the middle of the living room floor?" "...not leaving your dirty socks on the coat hangers and door knobs." Get specific.

3) Be humble. Be humble or you'll stumble. Proverbs 13:10 "*Only by pride comes contention.*" Pride is at the root of every argument. It's ego against ego bouncing together. "*Only by pride comes contention.*" When you're prideful in an argument you're prolonging the argument. When you're humble you're reducing the amount of time needed and you're also getting to the solution quicker. The way you do that is by making "I" statements rather than "you" statements. You statements are always accusatory. "You always..." "You never..." I statements are "this is the way I feel." If you want to be humble, use "I" statements not "you" statements.

Illustration: Let's say that a husband is repeatedly late for supper. He seems totally indifferent about punctuality and he permits any little thing to delay him. When he arrives late for the fourth day in a row, his wife says in an accusing tone, "You're late again! Look at this supper. It's cold. I went to a lot of hard work and you spoiled it all. You spoiled it all!" That's an attack. How do you think he's going to react? "Hey, you're right. I'm a jerk!" No. It's human nature to defend yourself when under attack. The most likely response is, he's going to justify his lateness. He is probably going to attack her back for being inconsiderate and not understanding of why he couldn't get home on time. He may even suggest that she puts too much emphasis on the dinner.

Here's an alternative. At the right time the wife could say, "When I prepare a nice supper and it's left cold, I feel unappreciated. I know you must have a good reason for being late, but I just feel like my effort is unimportant." There is no "you" statements there. It's all "I" statements -- the way "I feel". What if he brushes off her feelings? Now she's got another opportunity and she

might say something like this: "Honey, I tried to tell you that being late makes me feel unappreciated and unimportant. When my feelings about that are just brushed aside as unimportant that makes me feel even more unimportant." Got him! He's got no excuse now. She's just reporting to him what happened, without being accusatory.

There are certain words you ought to have off limits in your home, certain phrases, certain terms and certain tools. You need to establish some guidelines in your marriage and family for fighting fair. Over the years, Butch and I have made a list of some things that are out of bounds. Like chemical warfare, we can't use these in a war. There's seven of them and they all start with "C". Seven ground rules for fighting fair or...

How to fight on the Seven C's:

1) Never compare. "Why can't you be like..." or "You're just like ..." It's unfair to compare so never do it.

2) Never condemn. Those "you" statements. Those absolutes. "You always....", "You never...", "You must...", "You should be ashamed of yourself." You never change people by condemning them. It doesn't work. It doesn't work on parents, children, husband/wife, employees. Condemning never motivates anybody to change. That's why I don't condemn you. Because I'm interested in changing you. I could get up here every week and condemn you. I could do a new series: Why You're a Jerk. Be sure and invite your friends. All it would do is make you defensive. It doesn't work. We don't change from condemnation. We change when people show us how we can change. When somebody says to me, "You're lousy. You're no good. Here's what you're bad at." I tend to say, "You're right" and reinforce what they've labeled me to be. It doesn't make me change. It just makes me get stuck in where I am. Don't tell it like it is, tell it like it could be.

But when somebody says, "Here's what you could become. I see potential in you. With Jesus Christ in your life, here's what you could become. You could be better at" that motivates me to change. Jesus said, "I didn't come to condemn the world. I came to save it." If you want to be like Jesus, eliminate condemnation from your vocabulary.

That is why we, as a church here at EASTGATE, don't spend all our time condemning society. People want me to preach against this or that sin all the time. We don't do it around here. Why? because it doesn't work. You don't change the world by speaking to people who are already convinced about somebody else's sin. If every week I got up and said, "Let me tell you how rotten society is." And we'd be saying, "We're so pious and they're so bad." I could do a series called Gross Condemnation and ever week it's Sin of The Week. What are we going to be against this week? But you don't change society by condemning it. Jesus said, "I came to save the world not to condemn it."

So you don't change people, you don't change anybody by putting them down. You change them by showing them a better way. Never condemn.

3) Never command. Never end an argument by force like, "I demand that you do what I say." Don't treat people like that.

4) Never challenge. Offering threats in your marriage or relationship. It's like you throw down the gauntlet. "Just try that and see what happens." That doesn't work either. Remember when you were a kid and your parents used to say to you, "I don't want to hear a peep out of you." And you wanted to go "Peep!"

Typically in relationships people use three threats: sex, money, divorce. Those should be out of bounds in your relationship. Never challenge.

5) Never condescend. That means belittle, ridicule, play psychologist. "I know why you said that!" You may not feel that way but who said you were mentally sane? Who made you the paragon of emotional health? Don't play historian and don't play psychologist. Don't condescend.

6) Never contradict. That means interrupt in the middle of a sentence. I'm not saying you don't disagree. I'm just saying wait your turn to talk. Have you ever tried to have a conversation with a pouncer? They always butt in. "

"I went down to the store..." "What store?"

"I went to Krogers" "Krogers on Beechmont or Krogers in Eastgate."

"On Beechmont. I went down there with Judy..." "Judy Thompson or Judy Jones..."

It's like "Where were you on the 14th?" A critical attitude.

7) Never confuse. Some of you are master confusers. I'm going to expose you right now. Your tactic is that when you start to lose an argument, you quickly change the subject and bring up an unrelated issue. You're having a discussion and you're losing the discussion and you realize it and you throw something in. When you start losing that, then you switch again. You've got to stay with the topic if you want to come to some kind of resolution.

No marriage is perfect. Every marriage has faults. Butch and I, we just got back from Hawaii, we had a great time, but we still had to deal with some arguments that we had while there! Even the healthiest marriages have arguments. You can have conflict. Conflict is inevitable, but combat is not.

Even the healthiest marriages have conflict. But combat is not inevitable. You can disagree without being disagreeable. You can argue without assassinating.

Some of you have tried all these things. You say, "I just can't change. I can't get control of my anger." That's because it takes more than willpower. It takes God's power in your life to break that anger.

D. Rely on Christ's help.

Romans 15:5

"May God who gives patience help you to live in complete harmony with each other, each with the attitude of Christ toward the others."

It says if you want to live in complete harmony in your relationships have the attitude of Christ -- each of you. Each of you must put Christ into your life and have His attitude. Conflict, in many ways, is like childbirth. There's enormous pain and it almost feels like you're going to die. But if you'll hang in there, you'll give birth to a new level of understanding, a deeper relationship, a more satisfying level of commitment and intimacy in your relationship. If you will hang in there and walk through that tunnel. The way to intimacy is through the tunnel of conflict. You get to the truth and quit living at the superficial cliché, shallow level. You admit your fears and your frustrations and your hurts.

How does Jesus Christ help me heal my anger? He deals with the root causes. He heals the hurts. He relieves the frustrations. He salves the fears in life. When Jesus fills you with His love it pushes everything else out. I have discovered that when I am filled with anger, almost anything will tick me off. When I'm filled with anger I can get upset about anything -- babies crying in the service, you name it! When I'm filled with the love of Christ, almost nothing irritates me. It just doesn't bother me. I have an ability to handle things because I'm filled with love.

When the world puts pressure on you whatever is inside of you is what's going to come out. It's like toothpaste. You squeeze that toothpaste tube, whatever is inside of it is going to come out. When you're filled with anger and the world puts pressure on you, anger is going to come out. But if you're filled with the love of Jesus Christ, when the world puts pressure on you, what's going to come out is Jesus Christ and His love.

Have you ever considered this, part of the reason for your anger is that you are expecting other people to meet needs that God wants to meet in your life. You're looking to other people to fill a hole, an emptiness that only God can fill anyway. When they can't fill it, and they can't meet all your needs, you're mad at them. There is no person in the world that was ever meant to meet all your needs. Because every human being is imperfect. There are some needs in your life that only Jesus Christ can meet.

You watch... you wait... you'll see!