

reality Relationships

01.jpg

[Love is not] ⁵rude. It does not insist on its own way; it is not irritable or resentful... —1 Corinthians 13:5 ESV

02.jpg

Irritable:

touchy (TLB)
provoked (NKJV)
quick tempered (CEV)
quick to take offence (NEB)
easily angered (NIV)
doesn't fly off the handle (MSG)

03.jpg

Principle #5

“People of irate and irritable dispositions do more to cause damage in their personal relationships than any event, circumstance and problem.”

04.jpg

“How much more grievous are the consequences of anger than the causes of it.” —Marcus Aurelius

05.jpg

“He who restrains his anger overcomes his greatest enemy.”
—Latin Proverb

06.jpg

Identify Five Common Sources of Anger
and Irritability in Your Relationships

07.jpg

1. Anger rises out of impatience.

08.jpg

Love is patient...
—1 Corinthians 13:4a ESV

09.jpg

When the other fellow takes
a long time, he's slow.
When I take a long time,
I'm thorough.
When the other fellow
doesn't do it, he's lazy.
When I don't do it,
I'm busy.

10.jpg

When the other fellow does
something without being told,
he's overstepping his bounds.
But when I do it, that's initiative.
When the other fellow overlooks
a rule of etiquette, he's rude.
But when I skip a few rules,
I'm original.

11.jpg

When the other fellow pleases
the boss, he's an apple polisher.
But when I please the boss,
that's cooperation.

12.jpg

When the other fellow gets ahead, he's getting the breaks.
But when I manage to get ahead, that's just the reward for hard work.

—John Maxwell
Be a People Person

13.jpg

2. Anger rises out of insult.

14.jpg

Good sense makes one slow to anger, and it is his glory to overlook an offense. —Proverbs 19:11 ESV

15.jpg

3. Anger rises out of injury.

16.jpg

“Hurting people, hurt people.”

17.jpg

4. Anger rises out of inferiority.

18.jpg

“Half of the harm that is done in this world is due to people who want to feel important. They do not mean to do harm. They are absorbed in the endless struggle to think well of themselves.” —T.S. Eliot

19.jpg

“A man is as big as the things that make him angry.”—Winston Churchill

20.jpg

5. Anger rises out of iniquity.

21.jpg

“He who would be angry and not sin, must be angry at nothing but sin.”
—Rev. William Secker

23.jpg

Investigate Ways to Diffuse and Deal With Anger in Your Relationships

24.jpg

Consider Your Patterns

25.jpg

A man of quick temper acts
foolishly... —Proverbs 14:17a ESV

26.jpg

A hot-tempered man stirs up strife,
but he who is slow to anger quiets
contention. —Proverbs 15:17 ESV

27.jpg

A man of great wrath will pay the
penalty... —Proverbs 19:19a ESV

28.jpg

“People who fly into a rage seldom
make a good landing.” —Will Rogers

29.jpg

Concentrate on the “Mortification”
of the Flesh

30.jpg

¹⁷Now this I say and testify in the
Lord, that you must no longer
walk as the Gentiles do, in the
futility of their minds. ¹⁸They are
darkened in their understanding,
alienated from the life of God
because of the ignorance that is in
them, due to their hardness of
heart. —Ephesians 4:17-18 ESV

31.jpg

...²²to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, ²³and to be renewed in the spirit of your minds, ²⁴and to put on the new self, created after the likeness of God in true righteousness and holiness.
—Ephesians 4:22-24 ESV

32.jpg

³⁰And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. ³¹Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.
³²Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. —Ephesians 4:30-32 ESV

33.jpg

Close the Door of Opportunity

34.jpg

²⁶Be angry and do not sin; do not let the sun go down on your anger, ²⁷and give no opportunity to the devil.
—Ephesians 4:26-27 ESV

35.jpg

Choose Forgiveness

36.jpg

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.
—Ephesians 4:31 ESV

37.jpg