

# The FOUR LAWS of LOVE

## Disarming Anger & Resolving Conflicts Jimmy Evans

**Focus** Conflict is inevitable, and we have to learn the skills to resolve it. The first step to resolving anger is to acknowledge that it exists. Always assume the best about your spouse. Be quick to forgive and let the offense go.

**Fun** If you got stuck on an elevator and were forced to only listen to one song, what would it be?

**Review** Key Scriptures: Ephesians 4:26–27; Proverbs 15:1

### 1. Don't deny your anger.

If you have a good marriage, it doesn't mean you never get angry. It's okay to be angry—even God gets angry—but we need to be honest about anger and process it in a healthy way.

### 2. Don't justify sin because you are angry.

The enemy uses anger to cause offense with our spouse. Resist the devil in your marriage by dealing with unresolved anger. Ask the Holy Spirit to teach you how to be a great spouse, and commit to talking things out regularly with your spouse. Make anger legal in your relationship, and deal with it properly and with mutual respect.

### 3. Don't go to bed angry.

Graciously complain to your spouse; don't criticize. When you go to bed with your anger, you give the devil a place in your marriage, and he will plant deception in your mind regarding your marriage. Talk through your anger, listen to your spouse, and believe them. Choose to forgive before you go to bed.

**\*Group Dynamics Idea\*** Encourage couples in your group to do the following activity this week: Pray together and trust God to bring unity. Pray for God to soften your heart toward your spouse. Ask God to reveal to you any area in your mind or heart where you have believed lies about your spouse. If God reveals an area or a situation, repent to your spouse and ask God to heal your marriage.

### Discuss

1. What does everyday intimacy in marriage look like to you?
2. Why do we need to take responsibility when we do something wrong, and what does this communicate to your spouse?
3. What is the difference between expressing anger and frustration in a healthy way and an unhealthy way? Why is it important to express anger in a healthy way rather than stuff it deep inside?
4. What did Pastor Jimmy Evans mean when he said, "Allow your spouse to complain to you"? What is a right way to do this and a wrong way to do this?
5. How would you want your spouse to approach you with a complaint?
6. How does your tone affect the way a conversation goes?
7. Going to bed with anger or unforgiveness opens a door to the enemy. What are practical ways to make sure you go to bed with a clean heart each night?

**Take Home** As we conclude, remember the following:

- Don't deny your anger.
- Don't justify sin because you are angry.
- Don't go to bed angry.

### Prayer

Heavenly Father, thank You for the gift of marriage and the gift of our spouse. Help us learn how to deal with anger. Help us begin to heal and process our anger and hurts in a healthy way. You can heal the inside of us like no one else. Please bring us into complete healing and freedom. Help us apply these laws of love to every relationship in our lives. In Jesus' name, Amen.

**\*New Leader Tip\*** Marriage can be a difficult topic to discuss. Some people in your group may be uncomfortable talking about marriage because they are single, have been through a divorce, or are experiencing challenges in their marriage. Be sensitive to those group dynamics. Make sure your conversations are inclusive and encourage people wherever they are in their journey of life. It is often a great opportunity to pray and support each other.