

If

First TRADE Offer:

1. Will **Passionately** agree that we are to come to **agreement** in **all decisions** and that we are **both God's megaphone** to each other
2. Will **work hard** to **learn excellence** in the five tools and to **humbly** talk through every issue with you.
3. Will **set my heart** to almost **constantly** be **THRILLED & PLEASED** with you as a mate and to **NEVER** think that I have a **"Right"** or am **"Justified"** in being **upset** or **angry** with you.

Then I ask *the SAME* in return !

What is the Effect of an *"Anger Addiction"* or a *"Critical Spirit"* on a Marriage? → You will NEVER have a _____ Marriage!

Gen. 4:5-7, 49:6,7, Ps. 4:4, 37:8 Prov. 12:16,18, 14:1, 29, 15:1,18, 16:32, 17:19, 27, 19:19, 20:3, 21:9, 22:10,24, 27:4,15,16, 29:11, Matt. 5:22, Eph. 4:26, 31, Col. 3:8, Ja.1:19,20



<p>You are NOT a VICTIM! You just</p> <ol style="list-style-type: none"> 1. Haven't been _____ (Pr. 6:13, 24:26, 27:5,6) 2. Haven't made a Good enough _____ 3. Haven't REPEATEDLY _____ that your mate NOT blame their anger on you. <p><i>Don't ask someone else to do YOUR job for you!</i></p>	<p>How to be Healed of an Addiction to ANGER</p> <ol style="list-style-type: none"> 1. Go through BTJ 2. Biblically UNDERSTAND Anger. You LIKE being a _____, _____ 3. Have someone who CHERISHES you who _____! <p style="text-align: center;"><i>You can ASK for help!</i></p>
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Whose SIN is GREATER ?

How to be Healed of an Addiction to ANGER	You are NOT a VICTIM! You just:
1. Go through BTJ 2. Biblically UNDERSTAND Anger. You LIKE being a _____, 3. Have someone who CHERISHES you who _____!	1. Haven't been _____ (Pr. 6:13, 24:26, 27:5,6) 2. Haven't made a Good enough _____ 3. Haven't REPEATEDLY _____ that your mate NOT blame their anger on you.
<i>You can ASK for help!</i>	<i>Don't ask someone else to do YOUR job for you!</i>

ANGER DESTROYS

Teenagers

1. Genesis 49:6,7 Let me not enter their council, let me not join their assembly, for they have killed men in their anger and hamstringed oxen as they pleased. Cursed be their anger, so fierce, and their fury, so cruel! I will scatter them in Jacob and disperse them in Israel.
2. Psalm 4:4 In your anger do not sin; when you are on your beds, search your hearts and be silent
3. Psalm 37:8 Refrain from **anger** and turn from wrath; do not fret-it leads only to evil.
4. Prov. 12:16 A fool shows his annoyance at once, but a prudent man overlooks an insult
5. Prov. 12:18 Reckless words pierce like a sword, but the tongue of the wise brings healing.
6. Prov. 14:1 The wise woman builds her house, but with her own hands the foolish one tears hers down.
7. Prov. 14:29 A patient man has great understanding, but a quick-tempered man displays folly.
8. Prov. 15:1 A gentle answer turns away wrath, but a harsh word stirs up anger.
9. Prov. 15:18 A hot-tempered man stirs up dissension, but a patient man calms a quarrel.
10. Prov. 16:32 Better a patient man than a warrior, a man who controls his temper than one who takes a city.
11. Prov. 17:19 He who loves a quarrel loves sin
12. Prov. 17:27 A man of knowledge uses words with restraint, and a man of understanding is even-tempered.
13. Prov. 19:19 A hot-tempered man must pay the penalty; if you rescue him, you will have to do it again
14. Prov. 20:3 It is to a man's honor to avoid strife, but every fool is quick to quarrel.
15. Prov. 21:9 Better to live on a corner of the roof than share a house with a quarrelsome wife.
16. Prov. 22:10 Drive out the mocker, and out goes strife; quarrels and insults are ended.
17. Prov. 22:24 Do not make friends with a hot-tempered man, do not associate with one easily angered
18. Prov. 27:4 Anger is cruel and fury overwhelming
19. Prov. 27:15,16 A quarrelsome wife is like a constant dripping on a rainy day; restraining her is like restraining the wind or grasping oil with the hand.
20. Prov. 29:11 A fool gives full vent to his anger, but a wise man keeps himself under control.
21. Matthew 5:22 But I tell you that anyone who is angry with his brother will be subject to judgment. Again, anyone who says to his brother, 'Raca,' is answerable to the Sanhedrin. But anyone who says, 'You fool!' will be in danger of the fire of hell.
22. **Ephesians 4:26** "In your **anger** do not sin" Do not let the sun go down while you are still angry,
23. **Ephesians 4:31** Get rid of all bitterness, rage and **anger**, brawling and slander, along with every form of malice.

24. **Colossians 3:8** But now you must rid yourselves of all such things as these: **anger**, rage, malice, slander, and filthy language from your lips.
25. **James 1:19,20** My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.

Be HONEST

1. Prov. 12:22 The LORD detests lying lips, but he delights in men who are truthful.
2. Prov. 16:13 Kings take pleasure in honest lips; they value a man who speaks the truth. .
3. Prov. 24:26 An honest answer is like a kiss on the lips.
4. Prov. 27:5 Better is open rebuke than hidden love.
5. Prov. 27:6 Wounds from a friend can be trusted, but an enemy multiplies kisses