



Without communication, understanding, acceptance and a commitment to grow (seek change in myself) relationships can descend into resentment, bitterness and anger.

B.L.U.F. – *Uncontrolled emotions destroy marriages!*

Let's drop by the home of "The Angry Couple" ...it won't be a pleasant evening but we'll face options we have in life.

Anger easily becomes a way of life when we focus on ourselves. We begin by **resenting** the person, then becoming **bitter** against them, and finally, we boil over in **anger**.

Instead of two people giving to meet the needs of the other we have two people taking from the other.



1. A is a Bad Option Genesis 4:5-7

- 1) Cain Reacted in Anger
- 2) Cain Chose the Wrong Option

(Proverbs 16:32) "He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city."

(Proverbs 25:28) "He that hath no rule over his own spirit is like a city that is broken down, and without walls."

2. F is a Good Option Genesis 41:51-52

- 1) Joseph's 1st Son – Manasseh
- 2) Joseph's 2nd Son – Ephraim



43100 Center Street
 South Riding, VA 20152
www.cbc4me.org
 703-327-0204

Choose to forgive...now forget!