



● We live in the age of **rage**.

● The result of most relational failures is **conflict**. Every conflict has the potential to **improve** the relationship. It's not **guaranteed**. It all comes down to how the conflict is **handled**.

## I. Ineffective Methods of Handling Anger.

■ The "**ignore** it and maybe it will **go away**" method.

- ◇ The problem with this strategy is that the anger always **comes out** in other ways that are potentially **destructive**.
- ◇ Some of the effects produced by this method:
  - ❖ Internal **stress** and **illness** because of resentment and bitterness that builds.
  - ❖ **Misdirected** anger.

■ The "Don't **get mad--get even!**" method.

- ◇ The cycle of pain often **escalates**.
- ◇ The only way for the cycle to end is for one of the parties to follow Jesus' advice. 📖 Luke 6:29

## II. Another Option. 📖 Matthew 18:15-17

**Step 1: Confront the other person **privately**.**

- ◇ How do you know when to confront? Questions to ask:
  - ❖ "Is this a **vital** relationship?"
  - ❖ "Is a **wall** developing in the relationship?"
  - ❖ "Is my goal to improve the relationship or **hammer** them?"
- ◇ Tips on **how** to do it.
  - ❖ Be **brief**.
  - ❖ Be **specific**.
  - ❖ Expect to **learn** something you didn't know.
  - ❖ Expect **emotions**.

**Step 2: Get a few **peers** to **mediate**.**

**Step 3: Take the matter to an **authority**.**

**Step 4: **Back** off, but be willing to **restore** the relationship.**

📖 2 Peter 3:9

**Next week: "How to Handle a Jerk"**