

Fighting For Your Family
Ephesians 4:25-27

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1. Marriage can be a source of great happiness and satisfaction, but it can also be the source of intense pain. The good news is that the Bible can help guide us through the rough patches, and even avoid some of them.
 2. Most of us are focused on making sure that our own needs are met. It takes an intentional effort to focus instead on serving someone else. **(Romans 15:2-3; 1 Corinthians 10:24; Philippians 2:4-5)**
- I. Be Honest With Each Other. (Ephesians 4:25)**
“Therefore, each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.”
- A. The first skill is to be honest.
 - B. Relationships that don’t have open communication are in trouble.
 1. **“A fool gives full vent to his anger, but a wise man keeps himself under control.” Proverbs 29:11**
 2. **“Reckless words pierce like a sword, but the tongue of the wise brings healing.” Proverbs 12:18**
- II. Manage Your Anger. (Ephesians 4:26-27)**
“In your anger do not sin’: Do not let the sun go down while you are still angry, and do not give the devil a foothold.”
- A. The second skill is to learn how to be angry.
 - B. How do you express anger appropriately?
 1. **Verse 26: “Do not let the sun go down while you are still angry.”**
 2. **James 1:19-20**
 - C. There is danger in anger.
- III. Be Kind To One Another. (Ephesians 4:29)**
“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”
- A. The third skill is to be kind.
 - B. Let me give you two practical ways to accomplish this third skill.
- IV. Put Away Past Hurts. (Ephesians 4:31-32)**
“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”
- A. The fourth skill to learn is to be forgiving.
 - B. This passage ends with the phrase, **“Just as in Christ God forgave you.”**