



Reality Relationships

7 Essentials to Help You "Get Real" and "Get Right!"

Reality Relationships: Irritability

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Love... does not behave rudely, does not seek its own, is not provoked, thinks no evil... 1 CORINTHIANS 13:5

The word **provoked** is translated various ways in different Bible translations:

- touchy (TLB)
- irritable (NLT)
- quick tempered (CEV)
- quick to take offence (NEB)
- easily angered (NIV)
- doesn't fly off the handle (MSG)

Essential #5:

People of irate and irritable dispositions do more to cause damage in their personal relationships than any event, circumstance, and problem.

"How much more grievous are the consequences of anger than the causes of it." —MARCUS AURELUS

"He who restrains his anger overcomes his greatest enemy." —LATIN PROVERB

"People who fly into a rage seldom make a good landing." —WILL ROGERS

I. Identify 5 Common Sources of Anger and Irritability in Your Relationships

• Anger rises out of **insult**.

The discretion of a man makes him slow to anger, and his glory is to overlook a transgression. PROVERBS 19:11

• Anger rises out of **impatience**.

Love is patient... 1 CORINTHIANS 13:4a

When the other fellow takes a long time, he's slow. When I take a long time, I'm thorough.

When the other fellow doesn't do it, he's lazy. When I don't do it, I'm busy.

When the other fellow does something without being told, he's overstepping his bounds. But when I do it, that initiative.

When the other fellow overlooks a rule of etiquette, he's rude. But when I skip a few rules, I'm original.

When the other fellow pleases his boss, he's an apple polisher. But when I please the boss, that's cooperation.

When the other fellow gets ahead, he's getting the breaks. But when I manage to get ahead, that's just the reward for hard work.

—JOHN MAXWELL, *Be a People Person*

• Anger rises out of **injury**.

"Hurting people, hurt people." —JOHN MAXWELL

• Anger rises out of **inferiority**.

"Half of the harm that is done in this world is due to people who want to feel important. They do not mean to do harm. They are absorbed in the endless struggle to think well of themselves." —T.S. ELIOT

"A man is as big as the things that make him angry."

—WINSTON CHURCHILL

• Anger rises out of **iniquity**.

Negatively: the evil within us.

Positively: *Be angry and sin not, do not let the sun go down on your wrath, nor give place to the devil.*

EPHESIANS 4:26-27

"He who would be angry and not sin, must be angry at nothing but sin." —REV. WILLIAM SECKER

II. Investigate Ways to Diffuse and Deal with Anger in Your Relationships

1. Pace yourself. Don't panic.
2. Pinpoint the source of your anger.
3. Plan a confrontation conference or a peace summit.
4. Pray for self control.