

marriage



TOPIC

DON'T GO TO BED ANGRY

**Faith at
home**

Don't Go to Bed Angry

“Don't go to bed angry.” It's simple advice, but once you're married, it often feels anything but simple. Real reconciliation takes time, humility, and effort. Still, Scripture reminds us why this counsel matters: “Do not let the sun go down on your anger” (Ephesians 4:26). Marriage gives us plenty of opportunities to become angry, and just as many opportunities to grow in forgiveness.

1. Anger isn't always sinful — but it can become sin quickly.

Anger can be a healthy, godly response to real wrongs, but we often express it in unhealthy ways. Marriage works best when both spouses can say, “I was wrong,” and allow room for righteous, honest emotion without letting it rule the relationship.

2. God calls us to put away all anger.

The same Bible that says “Be angry” also says, “Put away all anger” (Ephesians 4:31). Wisdom is knowing when to speak, when to listen, and when to let go. Even righteous anger has an expiration date, and that date is today.

3. A 24-hour day is God's mercy.

Each sunset is a built-in reminder to pursue peace instead of nursing hurt. Letting anger linger slowly erodes intimacy. God gives us the gift of each new day so we don't carry yesterday's bitterness into tomorrow.

4. Unresolved conflict invites spiritual attack.

When anger goes unaddressed, it spreads into every part of marriage. Scripture warns that unresolved anger opens a door for the enemy (Ephesians 4:27). Marriage is not just emotional, it's spiritual, too.

5. Treat your spouse's sin the way Christ treated yours.

“Forgive one another... as God in Christ forgave you” (Ephesians 4:32). Jesus didn't forgive you begrudgingly, He bore the cost. When spouses forgive like Christ, even conflict becomes an opportunity for deeper intimacy, grace, and love.

So, husband and wife, be honest about sin, pursue forgiveness, and don't go to bed angry.

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