

# Conflict Resolution in Marriage

## **Ephesians 4:25-32**

[25] Therefore, having put away falsehood,

- A foundation of the gospel is essential for marriage

let each one of you speak the truth with his neighbor,

- How we talk to each other is important
- "Out of the abundance of the heart, the mouth speaks"
- James 3

for we are members one of another.

- Brother and sisters in Christ

[26] Be angry and do not sin; do not let the sun go down on your anger, [27] and give no opportunity to the devil.

- You think this is just good advice? Try it. It's terrible
- Time passing without a plan gives the devil a foothold

[28] Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need.

- Our conduct should show we are "In Christ"

[29] Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

- Proactive portion of speech

[30] And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

- We grieve the Holy Spirit by doing the above and below

[31] Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

- Outflow of the flesh

[32] Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

- The gospel as our:
  - Foundation
  - Example
  - Power

### **Conflict is not the problem:**

- Have the right goal in mind
  - You target the heart and help them target the heart
  - Solutions not positions
  - attack the problem and the enemy instead of each other
- The conflict is a symptom/fruit
- Conflict can be helpful

### **Tips for you:**

- Do CSI on the latest conflict
- Ask why. Lots!
- Ask for definitions
  - Verbal abuse
  - Abuse of any kind
- Teach them what to do during conflict
  - Ask both parties what the other person can do to understand them during conflict

### **Tips for them**

- There is an enemy that hates them
- Treat each other as brothers and sisters in Christ
- Talking to the right person about the problem
  - No gossip
  - Have a trusted friend
- Look for heart level barriers to good conflict
  - Idolatry
    - no peace with others without peace with God
  - Fight or flight
  - Family history
  - Environmental factors (timing)
- Lack of uninterrupted time together can be an issue

### **4 rules of communication**

- Be honest
- Keep current
- Attack people not problems
- Act, Don't react

### **Peacemaker principles**

- Forgiveness, confession, repentance
  - Forgive then approach
  - It's not letting them off the hook
  - Building a habit of repentance

### **Q & A**