

3. Dealing with the Conflict _____ You

ROMANS 5:3-4—*And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope:*

A. Past conflict strengthens our _____ in God.

LAMENTATIONS 3:21-24—*This I recall to my mind, therefore have I hope. It is of the Lord's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness. The Lord is my portion, saith my soul; therefore will I hope in him.*

B. Past conflict allows us to assess _____ and discuss prevention.

C. Past conflict builds _____ and offers perspective.

D. Past conflict _____ us from our own mistakes.

1 CORINTHIANS 11:28—*But let a man examine himself, and so let him eat of that bread, and drink of that cup.*

E. Past conflict helps me learn how to _____ with my spouse.

1 PETER 3:7—*Likewise, ye husbands, dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.*

F. Past conflict reinforces our marriage _____.

MATTHEW 19:5-6—*And said, For this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh? Wherefore they are no more twain, but one flesh. What therefore God hath joined together, let not man put asunder.*

Conclusion: _____



Today's Lesson:

Conflict Myth:

marital conflict and life's difficulties are enemies of our marriage

Why we believe it:

Self preservation is an integral component of our human nature. We naturally avoid difficulty and potentially painful situations. Because of this, we forget that God is able in His wisdom and power to use adversity and conflict for our benefit.

What the Bible says about it:

GENESIS 50:20—*But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive.*

JOB 23:10—*But he knoweth the way that I take: when he hath tried me, I shall come forth as gold.*

ROMANS 8:28-29—*And we know that all things work together for good to them that love God, to them who are the called according to his purpose. For whom he did foreknow, he also did predestinate to be conformed to the image of his Son, that he might be the firstborn among many brethren.*

Introduction: _____

Quote—*“Conflict is an important part of every good marriage. Handled wisely, it can lead to greater intimacy; handled poorly, it can lead to greater isolation. We can't choose whether we will have conflict, only how we will deal with it.”—Ed Young, Sr.*

1. Dealing with the Conflict Around You

JAMES 1:2-4—*My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.*

Quote—*“Most couples don’t realize that trials represent opportunities for them to sink their roots deeper and gain stability in their relationship.”—Dennis Rainey*

A. Seek unity with your spouse.

ECCLESIASTES 4:9-10—*Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up.*

Sticking together when surrounded by conflict:

- Pray together.
- Encourage one another.
- Talk together.
- Strategize together.
- Refuse to blame each other. (Your spouse is not your enemy!)

B. Seek the perspective of God.

2 CORINTHIANS 1:3-4—*Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.*

What God’s Word says about conflict:

- God is good and wise.
- We are to give thanks in all things.
- God is able to bring good out of evil.
- God uses difficulty to develop our character.
- God uses difficulty to advance His kingdom.
- God uses difficulty to correct His erring children.

Quote—*“Faith is the refusal to panic.”—Martin Llyod-Jones*

2. Dealing with the Conflict _____ You

Quote—*“Conflict often starts with something small, even consequential. The little things, left unresolved, can rob a marriage of romance and result in bitterness, anger, and loneliness. Every marriage has its tensions, and the issue isn’t how to avoid them, but how to cope with them.”—Dennis Rainey*

A. Seek to _____.

JAMES 1:5—*If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.*

Three deminsions of marital understanding:

- Understand God’s perspective.
- Understand your spouse.
- Understand yourself.

B. Engage in _____.

EPHESIANS 4:15—*But speaking the truth in love, may grow up into him in all things, which is the head, even Christ:*

Quote—*“The opposite of love is not hate but apathy.”—Ed Young, Sr.*

Ground rules for communicating during a disagreement:

- Focus on one issue, not many issues.
- Focus on the problem, not the person.
- Focus on the actions causing the problem, not the person’s character.
- Focus on specifics, not generalizations.
- Focus on using “I” statements, not “you” statements. Also avoid the words *always* and *never*.
- Focus on observations about facts, not judgment of motives.
- Focus on mutual understanding, not on who’s winning or losing.

—From *Starting Your Marriage Right* by Dennis and Barbara Rainey

C. Make use of _____ and forgiveness.

PROVERBS 28:13—*He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.*

D. Follow a few sensible _____ of engagement.

EPHESIANS 4:29-32—*Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers. And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption. Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ’s sake hath forgiven you.*

Rules to live by in the midst of conflict:

- Don’t react inappropriately.
- Don’t be hurtful.
- Don’t go public.
- Don’t make threats.
- Don’t shut down.
- Don’t drag up the past.
- Don’t resign to failure.
- Don’t allow anger to fester.