

EPHESIANS 4:29

<sup>29</sup> 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.

JAMES 3:10

<sup>10</sup> Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be.

E. Don't go to bed \_\_\_\_\_

EPHESIANS 4:26

<sup>26</sup> Be ye angry, and sin not: let not the sun go down upon your wrath:

F. Make confession and \_\_\_\_\_  
a priority

PROVERBS 28:13

<sup>13</sup> He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.

EPHESIANS 4:32

<sup>32</sup> And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

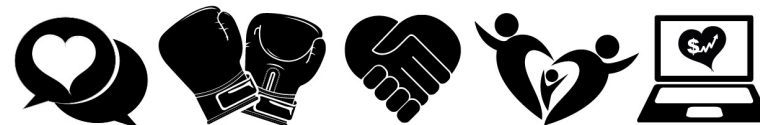
**Conclusion:** \_\_\_\_\_

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### Reflection Questions:

1. How has a conflict resulted in strengthening a weak point in your relationship with your spouse?
2. Are you a peacemaker or a prizefighter? Explain.
3. How do you need to change to make conflict an ally rather than an enemy?
4. How did your parents handle conflict when you were growing up? How has that pattern affected you?

SIMPLY LIVING WHAT WE VOWED



## Working Through the Worse

Gabe Ruhl

**Introduction:** \_\_\_\_\_

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COLOSSIANS 3:19

<sup>19</sup> Husbands, love your wives, and be not bitter against them.

JAMES 1:2-4

<sup>2</sup> My brethren, count it all joy when ye fall into divers temptations; <sup>3</sup> knowing this, that the trying of your faith worketh patience. <sup>4</sup> But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.

**1. The Don'ts of** \_\_\_\_\_

PROVERBS 29:22

<sup>22</sup> An angry man stirreth up strife, and a furious man aboundeth in transgression.

A. Don't misunderstand your \_\_\_\_\_

ECCLESIASTES 7:9

<sup>9</sup> Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

PSALM 37:8

<sup>8</sup> Cease from anger, and forsake wrath: fret not thyself in any wise to do evil.

B. Don't call in the heavy artillery or use \_\_\_\_\_ weapons

PROVERBS 15:1

<sup>1</sup> A soft answer turneth away wrath: but grievous words stir up anger.

C. Don't air your \_\_\_\_\_ laundry in public

PROVERBS 19:11

<sup>11</sup> The discretion of a man deferreth his anger; and it is his glory to pass over a transgression.

D. Don't \_\_\_\_\_ yourself into a corner

JAMES 1:19-20

<sup>19</sup> Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: <sup>20</sup> for the wrath of man worketh not the righteousness of God.

E. Don't keep a \_\_\_\_\_ on your shoulder

HEBREWS 12:15

<sup>15</sup> Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled;

## 2. Four Stages of a \_\_\_\_\_ Heart

EPHESIANS 4:30-32

<sup>30</sup> And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption. <sup>31</sup> Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: <sup>32</sup> and be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

A. The \_\_\_\_\_ heart

B. The \_\_\_\_\_ heart

C. The \_\_\_\_\_ heart

D. The \_\_\_\_\_ heart

## 3. Guidelines for \_\_\_\_\_ Conflict

A. Talk and \_\_\_\_\_ to God

PSALM 139:23-24

<sup>23</sup> Search me, O God, and know my heart: try me, and know my thoughts: <sup>24</sup> and see if there be any wicked way in me, and lead me in the way everlasting.

MATTHEW 7:3-5

<sup>3</sup> And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye? <sup>4</sup> Or how wilt thou say to thy brother, Let me pull out the mote out of thine eye; and, behold, a beam is in thine own eye? <sup>5</sup> Thou hypocrite, first cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother's eye.

B. Try to understand your \_\_\_\_\_

1 PETER 3:7

<sup>7</sup> 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.

C. Try to understand \_\_\_\_\_

PROVERBS 20:5

<sup>5</sup> Counsel in the heart of man is like deep water; but a man of understanding will draw it out.

D. Talk to your \_\_\_\_\_

PSALM 141:3

<sup>3</sup> Set a watch, O Lord, before my mouth; keep the door of my lips.