

absence of proper training, they will almost inevitably revert to the method they grew up with." **Bill & Lynne Hybels**, "*Fit to Be Tied*", 141.

Approach #1: The Big _____.

KEY WORD: _____.

Approach #2: An Old Fashioned _____ fight.

KEY WORD: _____.

Approach #3: I'm _____ of Here.

KEY WORD: _____.

Approach #4: Whatever You _____ Dear.

KEY WORD: _____.

6 STEPS to Sorting Out Marital Conflicts

STEP #1: _____ *for wisdom, humility & peace.*

1 Peter 5:5-7: "All of you, clothe yourselves with humility toward one another, because, "God opposes the proud but gives grace to the humble."⁶ Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. ⁷ **Cast all your anxiety on him because he cares for you.**"

STEP #2: _____ *the choice to Love.*

1 Corinthians 13:4-8: "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres. ⁸ Love never fails."

STEP #3: _____ **an appropriate time**
for a _____ talk.

Ephesians 4:26-27: "In your anger do not sin": Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold."

Ephesians 4:2-3: "Be completely humble and gentle; be patient, bearing with one another in love. ³ Make every effort to keep the unity of the Spirit through the bond of peace."

STEP #4: Talk it _____.

- _____ responsively & _____ carefully (James 1:19).
- Avoid words that _____ the problem (Proverbs 12:18; 26:20; 17:9).
- Start with _____ (Ephesians 4:29)
- Be willing to take _____ (Ephesians 4:2).
- Define the _____.
- Define areas of _____ & _____.
- Come to the peace talks with _____.

KEY QUESTION: *What do you do if your peace talks seem to fail?*

STEP #5: Seek the _____ of a Wise _____.

Proverbs 11:14: "For a lack of guidance a nation fails, but many advisors make victory sure."

STEP #6: Call in the _____.

FINAL THOUGHTS

Unresolved conflict destroys marital intimacy and peace, but healthy conflict resolution is the key to *a deeper and more intimate marriage.*

SMALL GROUP DISCUSSION QUESTIONS

Announcements: Register this Sunday to attend our “*Renew Your Vows*” event at SMC on Friday May 15th.

Prayer – open your time together by inviting the Lord to be in your midst and leading your discussion.

The Love Dare – take time to talk about the daily reading in “*The Love Dare*” book. How has it challenged you? Changed you? What have you discovered about yourself?

QUESTIONS:

1. Take time to discuss the message from Sunday. What impacted you? What did you learn that was new to you?

2. What has been your process for working through conflicts in your marriage? See *message outline dealing with Unhealthy Approaches to Conflict Resolution*. Which of the approaches do you gravitate to the most?

3. Do you and your spouse have an agreed upon process for conflict resolution in your marriage? What are the benefits of such an agreed process?

4. How will you approach conflict resolution differently in the future?

5. Read through James 3:1-2 and discuss the power of the tongue. Is your tongue tamed? If not, how can you have a tamed tongue? Is it our tongue that is the problem in our conflicts, or is the source something else (See Mark 7:20-23). How can we fix the source of our problems?

Prayer – Be sure to take more time for prayer and focus in on your marriages.

Series: Fireproof Your Marriage

Today’s Message: “The Battle Cry of Marriage”

Pastor Cory Anderson / SMC / 04.26.09

Introduction:

The Sources of Marital Conflict

Source #1: Our _____.

Source #2: Our _____.

Source #3: Our _____.

James 4:1-3: “What causes fights and quarrels among you? Don’t they come from your desires that battle within you? ² You want something but don’t get it. You kill and covet, but you cannot have what you want. You quarrel and fight. You do not have, because you do not ask God. ³ When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.”

THE TRUTH ABOUT CONFLICT

“Conflict is inevitable in relationships. It rears its head in even the healthiest, most deeply intimate of marriages. It is how you handle conflict that will determine how it affects your relationship, for better or for worse.” **Gary Smalley, “Secrets to Lasting Love”, 95.**

“Conflict is a fact of life...The conflicts themselves are not the problem, but rather our reaction to them.” **Wes Roberts & Norman Wright, “Before Your Say ‘I Do’”, 59.**

“Most people view conflict as negative. Many can’t stand disagreement in any form. And so, to avoid conflict, they avoid expressing their opinions and hope that their mate will do the same. But this mentality ends up stifling people – it makes them repress their true feelings and ignore their own uniqueness and individuality. Eventually, people resent each other and forcing such sacrifices of individuality. They suffocate what makes each of them special.” **Gary Smalley, “Secrets to Lasting Love”, 96-97.**

Unhealthy Approaches to Conflict Resolution

“So what will they do? In most cases, they will resort to the only conflict resolution procedures they are familiar with: the ones their parents used. Even if they witnessed an unhealthy, unacceptable method of conflict resolution, and even if they vowed they would never behave that way, in the