

Teaching Series: Fundamentals Time: March 10, 2019

Title: Resolve Conflict Teacher: Andrew Charko

SERIES BIG IDEA: Marriage is less of a mystery and more of a mastery of certain skills which you can learn and get good at through practice.

Conflict - disagreement in which both spouses feel strongly and their differing opinions affect their behavior, causing _____ in the relationship.

"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken." Ecclesiastes 4:9-12

THREE PRACTICAL STEPS TO HELP RESOLVE CONFLICT

1. Listen _____ .

"My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry." James 1:19

"What I hear you saying is..."

"...is that correct?"

"I hear what you're saying, and it makes a lot of sense to me."

2. Turn your differences into _____ rather than

_____.

"If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up." Ecclesiastes 4:10

(notes continued)

3. Get some _____.

“Don’t sin by letting anger control you. Think about it overnight and remain silent.”

Psalm 4:4

“When you win an argument, your spouse is the loser. And we all know it’s no fun to live with a loser.” Gary Chapman

Book Resource: *Everybody Wins*, by Gary Chapman

