

## Marriage Devotional

Communication & Resolving Conflict

Young Married

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### Introduction:

**Turn your Bibles to - Genesis 2:18- 25. *Foundation Scripture:***

### Lesson Discussion:

**Conflict Resolution: PR: 13-10 Pride only breeds quarrels, but wisdom is found in those who take advice. One Pet: 5:5 God opposes the proud but gives grace to the humble. James: 3:17-18**

*The purpose of this DEVO- is to learn what the Bible says about good communication and how to resolve conflict in marriage. (Tyrone)*

We are concerned with **conflict**, **strife**, and **alienation** in general, but especially with *serious* conflicts that destroy the relationship of husband and wife and that may lead to divorce.

**Let us consider the following Bible counsel that can help couples avoid or resolve such serious problems.**

*Couples need to believe that, by God's power, they CAN resolve their marriage problems if both parties will really work at it. (Tyrone)*

**Philippians 4:13 - I can do all things through Christ who strengthens me.** If we trust in ourselves, we may fail. However, we must believe that Jesus will provide the

strength we need to please - God. If left up to our own wisdom and us we will never please God.

Careful thought will convince us that serious marriage conflict is not God's will for us. God created marriage for the *good* of man and woman. He never intended for marriage to be a source of hatred and bitter grudges.

**A. Compromise and Overlook Differences of Viewpoint, Where Possible.  
(Tyrone)**

**One Corinthians 13:4f - Love suffers long / patient - is kind. Love is not selfish. /envy .Niv.**

Every couple will find in one another characteristics that --/we would like to change but cannot. Sin must not be overlooked, but if there is no sin and the person just does things *we* do not *like*, and then we must learn to overlook these matters without bitterness.

**Romans 14 –1 Paul here is talking about –conscientious difference of opinion-:** Even some spiritual decisions are matters of personal opinion, not matters of sin. If you cannot prove your spouse has committed sin, do not imply he/she has been guilty.

**James 3:14-18; Matthew 5:9; Romans 12:17-21; one Peter 3:11** - Brothers **you must**---Sincerely seek a peaceable resolution to the problem. We should want the conflict to end, even if we have to give up our own desires to achieve it. (*Pride*)

Remember to consider ways you can become *involved* and help your spouse do a job better, instead of just sitting back and criticizing. Perhaps, in some matter, you will end up each going separate ways and doing separate things. [Acts 15:36-40]

**E. Forgive One Another. (Tyrone)**

**Luke 17:3, 4** - When one has sinned against us and confesses, we must forgive, even seven times a day if necessary. Forgiveness is often needed in families. /Marriages- Love covers a multitude of sin --- forgives as often as is needed.

**Colossians 3:13** - We must forgive the way God forgives. How do we want God to forgive us? MEN- Do we want Him to say, "I've forgiven you enough already. I don't care how sorry you are or how hard you try, I won't forgive"? Do we want Him to say He forgives, but then keep bringing it up again and using it as a weapon against us?

**Proverbs 10:12** - Hatred stirs up strife, but love covers all sins. How is your family? Do you love one another enough to admit your errors and then to really forgive like you want God to forgive you? [Matt. 18:21-25; 6:12, 14, 15; 5:7]

### **B. Speak to Resolve the Problem, Not to Hurt One Another. (Tyrone)**

**Matthew 5:24** - The goal is to be *reconciled*, not to hurt people. Often times-MEN- we are willing to talk, but only for *getting our way*. We seek to win a victory, prove the other person/ SPOUSE- wrong, etc. The purpose ought to be to find a Scriptural resolution. [Lev. 19:18]

**Romans 12:17, 19-21** - **Do not repay evil for evil or seek vengeance, but return good for evil. Sometimes a couple starts out trying to resolve a problem**, but one insults the other, and then the other returns an insult. Soon the goal becomes to see who can hurt the other person worst.

**Too many discussions end up being quarrels**, because we let the problem become an occasion to *attack one another*. (**Character Assassination**) Instead, we should work together to *attack the problem*. Discuss the problem to solve the problem, not to hurt one another's feelings (**Pro: 18-19**) **an offended brother is more unyielding than a fortified city, and disputes are like the barred gates of a citadel...**

When bringing up a problem, introduce it objectively then maintain focus on the **specific problem**. "**Honey, there's a problem we need to talk about...**" **Do not enlarge the problem to** attack the character of the other person. **Avoid such phrases like-- "You're just selfish, that's all," or "Why can't you be like so-and-so's wife?"(Verbal/physical)**

### **F. Be Patient and Control Your Temper. (Tyrone)**

**One Corinthians 13:4 - Love is patient.** We are easily upset when a matter is not quickly resolved. **Men you know what I am talking about...**-Resolving some problems may take a long time, with gradual improvement. Do not give up. Do not expect that you or your spouse will change overnight. Give it time. [Rom. 2:7; Gal. 6:7-9; **two Thess. 3:5**]. **Proverbs 18:13** - To answer a matter before we have heard it out is foolish. Sometimes we are ready to judge a matter before we have thought it through. Do not make snap decisions.

Honesty and humility leads us to seek the truth and admit whatever errors we have made. In addition, remember, even if we are not convinced we caused a problem, love leads us to be willing to get involved and help solve it. [**One Thess. 5:21; Spa. 32:3, 5; Gal. 6:1**]

### A. Husbands Should Express Appreciation for Their Wives. (Tyrone)

**Genesis 2:18** - It was not *good* for man to be alone, so God made woman to be a companion for him. A woman who fulfills her God-given role is *good* for a husband. God created her for that very purpose.

**Proverbs 18:22** - He who finds a wife, finds a good thing and obtains favor of God. In addition, the husbands say *AMEN*...

**Proverbs 12:4** - A worthy woman is the *crown* of her husband. If so, then let the husband express appreciation for her. [**Prov. 19:14; 31:10**]

**One Peter 3:7** - The husband should give *honor* to his wife. Yet many husbands give much more criticism than they give honor. How often do you deliberately say or do something intended to *honor* your wife? Is she supposed to consider herself honored simply because it has been a while since you *insulted* her?

**Proverbs 31:28-31** - A worthy woman should be *praised* by her husband. Do you *praise* your wife when she *prepares a meal, cleans the house, cares for your children, or fulfills her responsibilities as a Christian*? Or do you just criticize when you think she fails?

A husband often gets a sense of fulfillment and accomplishment from his work. ☺- He gets a regular paycheck and perhaps occasional promotions. But the wife works day in and day out at home with the family. If the husband does not express appreciation, the wife should still find a sense of accomplishment in seeing her children develop and in knowing above all that God is pleased. But she has a much greater sense of security and being needed if her husband *tells* her he appreciates what she does.

**Closing!**--God tells us to praise our wives when they do well. If we do, they would find it much easier to fulfill their role as wives. ☺☺

#### PRATICALS:

1. **Apologize: for anything you have said or done, that is wrong. Pr: 20-9**
2. **Find Common ground: Look for points of agreement, established unity**
3. **Sharpen the focus: clarify what exactly we are disagreeing about. Pr: 20-5**
4. **No off the wall issues: strive not to bring up other issues in the middle of a conflict**
5. **Complete forgiveness: bear with each other Col 3:13**

**6. Work through the healing process: If your feelings have been deeply hurt, it may take some time to heal. 7. Get help: Sometimes in our best effort, we cannot resolve our conflicts ourselves. Pr: 15:31 .PRAY**