



## RESOLVING CONFLICT

Resolving conflict requires that a couple lovingly confront one another and is willing to seek and grant forgiveness.

- Conflict is common in all marriages. The goal of marriage is not to be conflict free, but to handle conflict properly when it occurs.
- All marriages suffer from various degrees of pain and anger brought on by a partner's offense.
- The choices you make during a conflict will either drive you apart or bind you together.
- Our natural tendency is to react to our spouse by stuffing it (rejection and withdrawal) or by blowing it (anger, aggression, and hostility).

### 1A. RESOLVING CONFLICT REQUIRES UNDERSTANDING THE \_\_\_\_\_ OF \_\_\_\_\_ (James 1:19; Ephesians 4:26; Genesis 4:6-7)

1B. For some, \_\_\_\_\_ is a common \_\_\_\_\_ when conflict occurs.

2B. \_\_\_\_\_ is a \_\_\_\_\_ - \_\_\_\_\_ emotion.

3B. \_\_\_\_\_ is a \_\_\_\_\_ emotion.

4B. \_\_\_\_\_ must be \_\_\_\_\_.

5B. Unresolved conflict can multiply the \_\_\_\_\_ of future conflicts.

### 2A. RESOLVING CONFLICT REQUIRES \_\_\_\_\_ (Ephesians 4:15; Galatians 6:1)

1B. Speak the truth in \_\_\_\_\_.

2B Approach the conflict \_\_\_\_\_.

3B. \_\_\_\_\_ on the way you will discuss resolving conflicts.

### 3A. RESOLVING CONFLICT REQUIRES \_\_\_\_\_ (Ephesians 4:32; Matthew 6:12 and 18:21-22)

1B. The \_\_\_\_\_ needs to \_\_\_\_\_ forgiveness.

2B. The \_\_\_\_\_ needs to \_\_\_\_\_ forgiveness.

1C. Forgiveness is not repression, pretending, conditional, forgetting, an automatic cure, or impossible.

2C. Forgiveness is obedience, an attitude, an action, a choice, and the beginning of healing that leads to oneness.

*"For the love of Christ compels us, because we judge thus: that if One died for all, then all died; and He died for all, that those who live should live no longer for themselves, but for Him who died for them and rose again" (2 Corinthians 5:14-15).*