

  
GRACE  
BIBLE BAPTIST  
CHURCH



# MAKING MARRIAGE *work*

PHILIPPIANS 2:1-8

Sacred Vows

Selflessness

Sacrifice

# Handling Conflict

## ✓ Realise that there is a conflict

Admitting that there is a conflict will help you start taking the next steps in dealing with them.

- What will happen if we do not resolve issues when they arise?

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## ✓ Re-search your heart

A good place to start is to check yourself before the Lord.  
Psalm 139:23-24

- Be willing to admit where you have gone wrong. Proverbs 21:2
- Apologise in a sincere manner, pointing out your fault to your spouse.

## ✓ Resort to communication

James 1:19 "Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:"

- Good communicator starts with a good listener. Proverbs 18:13

## ✓ Resolve it Biblically

In order for conflicts to be resolved we must be willing to apply the Scriptures in our own life.  
Proverbs 16:20

- Remember it is not matter of who is in the right and who is in the wrong. It is about the truth, love, restoration, and reunion of fellowship with God and with my spouse/others.

## ✓ Rest in the Lord (True forgiveness)

When you realise how much you have been forgiven by the Lord, then it will be easy for you to truly forgive others. Ephesians 4:31-32

- True forgiveness comes as you walk with the Lord. Proverbs 16:6-7

## ✗ Reject existence of a conflict

Conflicts must be dealt with!  
Ephesians 4:26-27 - Matthew 5:23-24

- Ignoring/denying the problem and hoping it will go away will not solve any conflict.
- Do not sweep your problems under the carpet.



## ✗ Refusing to consider your actions

An unwillingness to reflect on your part of the conflict is pride. Proverbs 18:7; Proverbs 28:13-14

- Humility needs to take place in solving any conflict in order to have God's Grace/favour upon your marriage.
- Shifting the blame and not being willing to confess your own fault results in a downward spiral. Things will just get worse. James 5:16

## ✗ Refrain from conversing

James 1:20 "For the wrath of man worketh not the righteousness of God."

- The silent treatment will never make a marriage work. (It may be a indication that you are playing the victim)

## ✗ Responding by fleshly means

In order for conflicts to be resolved in a loving way, we need to walk in the Spirit of God. Galatians 5:16, 20

- Expressing hurtful words. Trying to win an argument rather than resolve the problem. Emotional outbursts (Anger, wrath) Proverbs 16:32, Proverbs 15:1-2

## ✗ Raising the Dead

Bringing up past Conflicts will only cut-open healing wounds. Proverbs 17:9

- Someone said, "Bringing up past failures is viewing today's conflict through yesterday's pain."