

**ALL IN THE FAMILY:
LOVE, MERCY, AND GRACE
MARK 3:25**

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(NLT) *A home divided against itself is doomed.*

(LB) *A home filled with strife and division destroys itself.*

Conflict is

natural

Conflict is

resolvable

What Married Couples Fight About:

Three things that cause conflict in your relationship:

1. _____ 3. _____

2. _____

A successful marriage is not a gift;

it is an **achievement**.

Ephesians 4:26-27 (NLT):

... don't sin by letting anger gain control over you. Don't let the sun go down while you are still angry... ..

Conflict resolution working prayer in three steps:

1. **Have a sit down with God – Tell God the whole story as you would a trusted friend.**
2. **Put self aside and look at the situation through God's eyes – be humble and ask "how/what did I contribute to the situation?"**
3. **Seek God's Will – seek God's answer – pray for what we NEED instead of what we want**

Matthew 7:3

"Why then do you look at the speck in your brother's eye and pay no attention to the log in your own eye. Take the log out of your own eye first and then you will be able to see and take the speck out of your brother's eye."

Ephesians 4:2-3 (NIV):

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

1Peter 5:6-7 (NIV):

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

Rules of Engagement:

1. Don't let little things that bother you build up until one of you explodes the issue into a large fight.
2. If you are angry about something and don't try to talk about it with your spouse within 48 hours, let it go.
3. If your spouse doesn't want to discuss a matter, set an appointment within the next 24 hours to have your discussion.
4. Know what the issue is, then both of you stick to the subject.
5. Keep it between the two of you. Don't bring in third parties like in-laws, best friends, or your children.
6. **Fighting fair means you don't hit below the belt.**
7. Don't bring up past history.
8. No name calling. Even endearing terms and pet names can be hurtful when you are using a sarcastic tone.
9. Be careful how you use humor. Laughter is good, but teasing can be misinterpreted and hurtful.
10. Listen to one another fully. This includes watching body language. Look at one another while you speak.
11. Don't interrupt.
12. Don't blame one another or make accusations.
13. Try to use 'I' sentences instead of 'you' sentences.
14. If the two of you are not extremely angry, try to hold hands while talking.
15. Be open to asking for forgiveness and be willing to forgive.

Conflict Resolution Guidelines

1. **Don't avoid conflict with the silent treatment or by acting out your emotions.**
2. **Keep your resentments current.**
3. **Be willing to accept responsibility for your mistakes.**
4. **Give each other permission to call a "time out".**

5. Speak the truth in love.