

Conflict Resolution

- Many times in conflict you will discover that the issue you are fighting about really isn't the issue. This is when you have to stop and figure out what happened.
- In conflict, refuse to lose it because when you do you start to attack the person rather than the issue. Don't attack the person rather than the problem.
 - What are some of the unfair weapons in conflict that you have used?

Conflict Resolution Worksheet

What do these verses teach about resolving conflict in marriage?

*A patient man has great understanding but a quick-tempered man displays folly.
Proverbs 14:29*

*A gentle answer turns away wrath but a harsh word stirs up anger.
Proverbs 15:1*

*The Heart of the righteous weighs its answer but the mouth of the wicked gushes
evil. Proverbs 15:28*

*Better a patient man than a warrior, a man who controls his temper than one who
takes a city. Proverbs 16:32*

*A man's wisdom gives him patience; it is to his glory to overlook an offense.
Proverbs 19:11*

*A fool gives full vent to his anger, but a wise man keeps himself under control.
Proverbs 29:11*

*You have heard that it was said, 'Love your neighbor and hate your enemy'. But I tell you: Love your enemies and pray for those who persecute you.
Matthew 5:43-44*

Do not be overcome by evil; but overcome evil with good. Romans 12:1

*In your anger do not sin: Do not let the sun go down while you are still angry.
Ephesians 4:26*

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. Ephesians 4:29

Be kind and compassionate to one another, forgiving each other just as in Christ God forgave you. Ephesians 4:32