

### Where Does Conflict Come From?

"...Your desire shall be for your husband, and he shall rule over you." - Genesis 3:16

"If you do well, will you not be accepted? And if you do not do well, sin lies at the door. And its desire is for you, but you should rule over it." - Genesis 4:7

Conflict in marriage is the \_\_\_\_\_ of two fallen people coming together and committing to be one.

In marriage, we fight \_\_\_\_\_ for the goal of \_\_\_\_\_.

"Am I fighting for what's best for ME or what's best for OUR MARRIAGE?"

If we don't deal with our issues, we will \_\_\_\_\_ for bitterness and resentment.

My spouse deserves \_\_\_\_\_ from me more than any other person.

*And above all things have fervent love for one another, for "love will cover a multitude of sins."* - 1 Peter 4:8

### Couples Exercise:

- Husbands, ask your wife if she feels loved.
- Wives, ask your husband if he feels respected.

### How To Fight Well

- Ask, "What's really upsetting me?"
- \_\_\_\_\_  
...be quick to listen, slow to speak, and slow to get angry.  
- James 1:19 (NLT)
- Recognize that your spouse will probably not \_\_\_\_\_ like you.
- Be careful with \_\_\_\_\_.
- Ask "The Helper" – the Holy Spirit – for help.
- Don't lose control of your \_\_\_\_\_.  
*Don't sin by letting anger control you.* – Psalm 4:4 (NLT)
- When you realize you were in sin, \_\_\_\_\_.
- Agree to ban:
  - Name-calling
  - Insults
  - Cussing
  - Sarcasm
  - Eye-rolling
  - Laughing in mockery
  - Loud sighing or huffing and puffing
  - Interrupting

When the issue is resolved, come together

\_\_\_\_\_.

*... "God resists the proud, but gives grace to the humble."  
Therefore submit to God...* - James 4:6-7