



SESSION 3: TOGETHER FOR GOOD TOOLS

Dealing with Differences - Managing conflict

Conflict is inevitable.

A natural by-product of two individuals trying to live together for good.



Conflict starts with a _____

It only takes a spark, remember, to set off a forest fire. A careless or wrongly placed word out of your mouth can do that.

James 3:5 (MSG)

THE SPARKS

- work-family balance
- parenting issues
- extended family
- finances
- sexual issues
- unrealistic expectations
- scheduling issues - last minute changes, lateness, forgetting commitments
- feeling neglected
- feeling disrespected
- feeling unappreciated
- feeling manipulated
- feeling embarrassed
- jealousy
- resistance to change
- passive-aggressive behavior
- hurtful words
- silence

YOUR TURN...


Check off the ones that spark conflict in your relationship.

First response

Understand it...

Ask yourself...

Tell yourself...

A solid blue circle containing the text "My spouse is not my enemy" in white, italicized font.

*My spouse is not
my enemy*

Managing conflict

Choose your bucket.

Water	Gas
<input type="radio"/> are able to express what they need	<input type="radio"/> can only express anger/sadness
<input type="radio"/> believe the best	<input type="radio"/> expect the worst
<input type="radio"/> think win-win	<input type="radio"/> think win-lose
<input type="radio"/> focus on the issue	<input type="radio"/> make it personal
<input type="radio"/> don't keep score	<input type="radio"/> keep score
<input type="radio"/> humble	<input type="radio"/> defensive
<input type="radio"/> honest	<input type="radio"/> hidden
<input type="radio"/> engage	<input type="radio"/> stonewall

YOUR TURN...

Put a check mark by any that are true of **you** most or all of the time.

Don't let fuel accumulate.

*"Conflict is the price smart couples
pay for intimacy."*

- Drs. Les and Leslie Parrott

Put out the fire with forgiveness.

*"A happy marriage is the union of
two good forgivers."*

- Ruth Bell Graham

seeking forgiveness

Be willing to say you were wrong.

Accept responsibility.

Be willing to say you are sorry.

Recognize and empathize with your spouse's feelings (hurt, rejection, disrespected...).

Be willing to turn away from the hurtful behavior.

Be willing to ask for forgiveness.

Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Ephesians 4:32 (NLT)

"I was wrong about _____
I'm sorry for making you feel _____
I'm going to try not to do that again.
Please forgive me."

granting forgiveness

Do it internally first.

Decide to forgive. Ask God for help.

Do it specifically.

Do it generously.

Remind yourself of a time when you needed to be forgiven. Offer the same gift to your spouse.

Do it again.

If the feelings resurface, internally reaffirm forgiveness.

Remind yourself that the offence was forgiven.

Love keeps no record of wrongs.

1 Corinthians 13:5 (NIV)

"I forgive you for _____
I felt _____, but I know I've done things that have made you feel that way too. I am choosing to let this go and I won't hold it against you any more."

YOUR TURN...

Think of a recent conflict: What were the sparks?
Which buckets did you use?
Is the fire out? Forgiveness?