

## COMMUNICATION IN MARRIAGE

- A. Conflict is common to all marriages. Therefore, the goal of marriage is not to be conflict free, but to handle conflicts Biblically.
- B. All marriages suffer from various degrees of pain and anger brought on by a partner's offense.
- C. The choices you make during times of conflict will either drive you apart or bind you together.
- D. When we are hurt by our mate, our natural tendency is to either withdraw or blow up.
- E. For many people, anger is part of our lives which we never take time to biblically analyze.
  - 1. Why do we show anger?
    - a. Our "rights" have been violated
    - b. Our expectations have not been met
    - c. We have been hurt
  - 2. For some people, it is safer to show anger than to acknowledge hurt
- F. Anger is a God-given emotion. It can be a motivation to resolve conflict. (Eph. 4:26)
- G. As a weapon, anger can be misused
- H. Uncontrolled anger can result in
  - 1. Bitterness that leads to resentment
  - 2. Depression – Anger turned inward
  - 3. Anger toward God
- I. Unresolved Conflict can multiply the intensity of future conflicts (Walls are built a brick at a time)
- J. The remedy is to "speak the truth in love"
- K. Approach confrontation wisely
  - 1. Check your motivation
  - 2. Check your attitude
  - 3. Check the circumstances such as timing, setting, and other pressures
  - 4. Agree on the way you will discuss resolving conflicts

FOCUS ON:

One issue

The problem

Behavior

Specifics

Expressions of feelings

“I” statements

Facts

Mutual understanding

RATHER THAN:

Many issues

The person

Character

Generalizations

Judgment of character

“You” statements

Motives

winning or losing

L. Forgiveness is not an option

M. Granting forgiveness is

1. Obedience to God
2. An attitude of letting go of resentment and my right to get even
3. An action that must be expressed by word and deed
4. A choice to set your mate free from a debt or an offense that has occurred against you
5. The beginning of the healing process that leads to oneness

N. Forgiveness begins the process by which trust can be rebuilt

O. Discuss specific solutions to the problem

1. What do we do about the hurt we still feel?
2. What do we change so that this situation does not occur again?

P. Unresolved conflict keeps the wall intact and the hurt alive