

# *Calming & Resolving Conflict*



*How To Restore Harmony In Our Marriage & Home*

## "How To Build Strong & Healthy Relationships" "Resolving Conflict & Restoring Harmony In The Home"

Most marriages have six major areas of conflict ... money – sex – communication – in-laws – unspoken expectation and children. How we handle conflict determines the health, intimacy, happiness & length of our marriage.

*"A home filled with strife and division destroys itself."  
Mark 3:25 (LB)*

*"What causes fights and quarrels among you? Don't they come from your desires that battle within you?  
You want something but you don't get it... (so) you quarrel and fight." James 4:1-2 (NIV)*

\_\_\_\_\_ **Way**  
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### God's Way To Resolving Conflicting And Restoring Harmony In The Home

#### 1. Resolve \_\_\_\_\_

*"But now, in union with Christ Jesus you, who used to be far away, have been brought near by the blood of Christ. For Christ himself has brought us peace by making Jews and Gentiles one people. With his own body he broke down the wall that separated them and kept them enemies...in this way making peace...our anger against each other has disappeared, for both of us have been reconciled to God and so the feud has ended at the cross." Ephesians 2:13-16 (GN & LB)*

#### 2. Talk \_\_\_\_\_

*"You quarrel and you fight, you do not have because you don't ask God." James 4:2 (NIV)*

*"And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus." Philippians 4:19 (NLT)*

#### 3. Schedule \_\_\_\_\_

*"If ... you remember your brother has something against you, leave your gift at the altar and go at once to make peace ... then come back and offer your gift to God." Matthew 5:22-24 (GN)*

**Plan** \_\_\_\_\_  
Rom 12:18; 1 Thess 5:13; Heb 12:14; Mt 5:23-24; Ps 34:14; Pr 16:17

**Empathize** \_\_\_\_\_  
1 Pet 3:7,8; Phil 4:13; Rom15:2; Phil 2:4

**Attack** \_\_\_\_\_  
Pr 10:10; Eph 4:15, 25, 29; Jn 8:32

**Cooperate** \_\_\_\_\_  
Rom 12:8; Jam 3:17,18; Ps 37:37

**Emphasize** \_\_\_\_\_  
2 Cor 5:16-19; Mk 4:24-25; Mt 7:1-5; Col. 3:5-17; 1 Pet 3:1-7

#### 4. Analyze \_\_\_\_\_

*"Why do you look at the speck in another'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." Matthew 7:3 (GN)*

*"If we say we have no sin, we are fooling ourselves,  
and the truth is not in us." 1 John 1:8 (NIV)*

#### 5. Establish \_\_\_\_\_

*"You must give up these things: ... being bad tempered, spitefulness, abusive language and dirty talk; and never tell each other lies." Colossians 3:8 (JB)*

#### 6. Switch \_\_\_\_\_

*"Don't be selfish ... Don't just think about your own affairs, but be interested in others, too ... Your attitude should be like Christ's who, though He was God, did not demand and cling to his rights..." Philippians. 2:3-5 (LB)*

#### 7. Establish \_\_\_\_\_

*"Conceited people do not like to be corrected. They never ask for advice from those who are wiser." Proverbs 15:32 (GN)*

## Personal Study

## Getting Started

Most marriages have six major areas of conflict: money, children, sex, in-laws, unspoken expectation & communication. Of these six things, which area do you have the least amount of conflict in and which area do you have the most amount of conflict in?

Do you agree, before we can resolve our conflict with others we must first resolve our conflict(s) with God? Why or why not? Besides a personal relationship with God, what other kinds of conflicts can we and do we often have with God? What kind of things do we get mad at God about?

Philippians 4:19 says ...*“And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.”* (NLT)

If God promises to meet all our needs why & how do we look to our spouse and others to meet our needs? Why & how does this create tension and conflict in our relationships with our spouse and others we look to, to meet our needs?

Take a few minutes to score yourself in each area of “Resolving Conflict and Restoring Harmony.”

<b>Talking To God About My Problems/Needs</b>									
<b>I Look To Others</b>					<b>I Look To God</b>				
1	2	3	4	5	6	7	8	9	10
<b>Schedule A Peace Conference</b>									
<b>I Avoid/Appease</b>					<b>I Face The Issue(s)</b>				
1	2	3	4	5	6	7	8	9	10
<b>Analyzing The Problem &amp; Conflict</b>									
<b>I Attack The Person</b>					<b>I Analyze The Problem</b>				
1	2	3	4	5	6	7	8	9	10
<b>Establish Ground Rules</b>									
<b>My Words Are Deadly</b>					<b>My Words Are Healing</b>				
1	2	3	4	5	6	7	8	9	10
<b>Switch Your Focus</b>									
<b>My Focus Is On Me</b>					<b>My Focus Is On Others</b>				
1	2	3	4	5	6	7	8	9	10
<b>Ask For Advise</b>									
<b>Very Hard</b>							<b>Easy - Do It</b>		
1	2	3	4	5	6	7	8	9	10

Which of these 6 things is causing the most damage and destruction in your relationship/marriage and hindering you from resolving conflict and restoring harmony in your home, marriage and relationships?

## Going Deeper

We can't avoid conflict but we can avoid prolonged fighting and conflict. Look again at James 4:1-3. What keeps us from resolving conflict quickly – restoring harmony in our home after a fight has erupted? Why do we sometimes prolong a fight or conflict? What are we hoping to accomplish? What does this destroy?

One thing that prolongs a fight and conflict is focusing on resolution – trying to prove who was right and who was wrong – resolving every issue instead of focusing on reconciliation – focusing on reestablishing the relationship. Which do you tend to do? Why do we focus on resolution more than reconciliation? What do we have to do if we are going to focus on reconciliation and not resolution? Check out these scriptures...

2 Corinthians 5:16-19

Luke 8:22-25

Mark 4:24-24

Matthew 7:1-5

Colossians 3:5-17

1 Peter 3:1-7

What is God saying to you as an individual and/or couple through this study?  
What specific action(s) do you need to take to restore harmony to your marriage, relationship and or home?