



Marriage // The Struggle is Real // Part 5

Introduction:

This week Matt continues a new series called '**Marriage // The Struggle is Real**' with the message for **Part 5**. This week we are looking at conflict in marriage. How do you respond when conflict happens in marriage? How can couples approach conflict in a healthy Biblical way?

When conflict is done in a healthy way, we have the opportunity to grow in maturity into all that God wants us to be. But where conflict is handled poorly, because of our own brokenness or pride or some of the stuff we grew up with, then what happens is we move further away from what God wants to do and be in our lives. Do you know that conflict can help with the process of your sanctification?

Questions:

1. Would you agree that often marital conflict comes from the collision of unmet expectations? Why is it important that these expectations may not have been voiced to each other? How does this collision often result in disconnection? Why should this collision not result in manipulation? **Song of Solomon 5:2-6:9**
2. The 1st of the 10 gospel practices when it comes to conflict is: **never respond to your spouse harshly**. Are you quick witted and sharp tongued? How does the Lord deal with imperfect behavior from His people? How can the Lord's response to us provide an example for you in your relationship?
3. The 2nd of the 10 gospel practices when it comes to conflict is: **never touch your spouse out of anger or frustration**. As a husband, how should the

strength and power that God has given you be better used? Where should you take your frustrations?

4. The 3rd of the 10 gospel practices when it comes to conflict is: **never seek to shame your spouse**. Does the Bible ever describe Jesus shaming His followers? Why should you never compare your strengths to their weaknesses?
5. The 4th of the 10 gospel practices when it comes to conflict is: **never fight in front of your kids or use them as leverage**. How can this be damaging to both of you as well as to your children?
6. The 5th of the 10 gospel practices when it comes to conflict is: **never bring up your spouse's parents**. Why is that just good solid advice in all relationships?
7. The 6th of the 10 gospel practices when it comes to conflict is: **to stay on topic**. During a conflict is it easy to get off topic and forget what the argument was even about? Can you leave the past in the past?
8. The 7th of the 10 gospel practices when it comes to conflict is: **never try to win**. Is this counter to your personality? What damage can it cause to your marriage even if you do win? Do you know you're on the same team?
9. The 8th of the 10 gospel practices when it comes to conflict is: **never use sex to manipulate or punish**. How could this cause damage to both of you and to your ongoing relationship?
10. The 9th of the 10 gospel practices when it comes to conflict is: **always seek resolution**. If the goal is resolution, why could it be dangerous to apply 'don't let the sun go down on your anger'? Could that make a bad fight even worse?
11. The 10th of the 10 gospel practices when it comes to conflict is: **keep your relationship central**. After a fight with your spouse, do you find yourself feeling like your response wasn't in alignment with what happened? How can you look to restore the proper alignment for your relationship? **Song of Solomon 6:4-11**

Key takeaway: Conflict is a reality, in marriage you are going to be fighting with your spouse for the rest of your lives. But the goal of conflict isn't to be right, the goal isn't to win. You're on the same team. Your spouse is the lover of your soul. And when you see each other as one, and you're working together, that's when God can step in and use healthy conflict to grow you and grow your marriage. Isn't it time to stop playing church and take off the mask and address the issues at hand?

Summary:

- Conflict comes from the collision of unmet expectations, that may not have been voiced
- #1 never respond to your spouse harshly
- #2 never touch your spouse out of anger or frustration
- #3 never seek to shame your spouse
- #4 never fight in front of your kids or use them as leverage
- #5 never bring up your spouses parents
- #6 Stay on topic
- #7 never try to win
- #8 never use sex to manipulate or punish
- #9 always seek resolution
- #10 keep your relationship central