

How to deal with conflict

Recapturing Joy in Marriage (part 4)

The Goal of Marriage	Genesis 2:18-25	To glorify God by reflecting His triune unity through marital oneness
Love & Respect	Ephesians 5:21-33	Husbands—Love unconditionally; Wives—Respect unconditionally
How to communicate	James 1:19, Matthew 7:12	Listen with understanding & speak your spouse's love language

Preliminary Perspectives

☒ Remember that the goal in marriage is _____

☞ Go for the _____

☒ How to deal with anger in a constructive way

☞ 3 ways NOT to deal with anger:

▪ _____ response

▪ _____ response

(continued on back)

▪ _____ response

Practical Do's & Don'ts:

☒ Do practice _____

☞ Reflective listening is mirroring what a person is _____ and _____

☞ Unless your spouse truly believes you understand what he/she thinks and feels, you will never achieve true resolution and land in the win-win quadrant

- "So you feel... because..."
- "So what I hear you saying is..."
- "I'm not quite sure, but it sounds like you are feeling..."

☒ Do take a _____

☒ Do pray & then be _____ until you _____ from the Lord

☒ Don't empty your dump truck of other _____

Conclusion