



Love Under Pressure

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

What Causes Conflict?

Do you know where your fights and arguments come from? They come from the selfish desires that war within you. - James 4:1 (NCV)

- "MY WAY"
- "NO WAY"
- "YOUR WAY"
- "HALF WAY"
- "OUR WAY"

How To Come Together When We're Falling Apart

1. CALL ON GOD FOR HELP

You quarrel and fight. You do not have, because you do not ask God – James 4:2 (NIV)

2. CONFESS MY PART OF THE PROBLEM

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, then you'll be able to see clearly – Matthew 7:3,5 (GN)

3. CONVENE A PEACE TALK

If you remember someone 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 5:23-24 (GN)

4. CUT OUT DESTRUCTIVE SPEECH

Do not use harmful words, but only helpful words, the kind that builds up and provides what is needed... – Ephesians 4:29 (GN)

You must put away all these things...furious rage, malice, insults, and shouted abuse! And don't deceive each other with lies anymore – Colossians 3:8 (Philips)

5. CONSIDER YOUR SPOUSE'S CONCERNS

We must bear the 'burden' of being considerate of the doubts and fears of others... – Romans 15:2 (LB)

Look to each other's interest and not merely to your own – Philippians 2:4 (NEB)

6. CONCENTRATE ON RECONCILIATION NOT RESOLUTION

Wisdom...is peace-loving and courteous. It allows discussion and is willing to yield to others... – James 3:17 (LB)

Let peace of heart that comes from Christ always be present in your hearts... – Colossians 3:15 (LB)

My Next Step

- I will memorize [James 4:1](#)
- I will not allow my selfish desires to cause a division in my home.
- I will apply the six biblical principles of conflict resolution to my marriage when the walls go up between me and my spouse.

WALK THE TALK

A Growth Group Guide

1. *If the number one problem in marriage is lack of conflict resolution, why do so many marriages (or even friendships) fail to act on the principles?*
2. *Perhaps the greatest enemy of strong relationships is pride. How can we face this persistent wrong attitude and deal with it effectively in our marriage (or friendship)?*
3. *Look through the list of the six biblical principles of conflict resolution above. Which one is the most helpful to you? Explain. Which one is the hardest for you to pull off? Why?*
4. *What other conflict resolution principles have you employed that are not on this list?*
5. *Why is it so helpful to grasp the mindset of Jesus when it comes to learning to love people when they are often unloving? How can we turn the other cheek, go the extra mile, and return blessing for cursing like He did?*
6. *Why is it critical to become in yourself the person you want to find in someone else? (NO, this is not a mistake as a repeat from last week's questions. We left it in for you to think it through again in your life. ☺)*