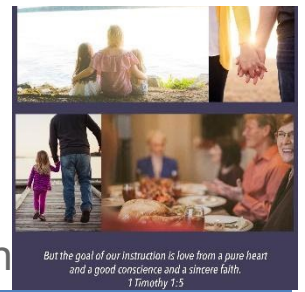


**Grace Bible Church
2021 Biblical Counseling Conference
TRACK TWO**



Session 6 – Newheiser. Communication/Conflict Resolution

Solving Marriage Problems: Conflict Resolution and Communication

I. Introduction

II. Conflict Resolution: Pull the weeds. (See *The Peacemaker*, by Ken Sande) Rom. 12:18

A. First, Get the Log Out of Your Own Eye. Mt. 7:1-5

1. **Focus Upon Your Duties, Rather than Your Rights: Expectations!**
2. **Seek Forgiveness Where You Have Wronged Your Spouse.** Mt. 5:23-24 7:3-5 Prov. 28:13
 - a. Address everyone involved.
 - b. Avoid if, but, and maybe.
 - c. Admit Specifically Where You Were Wrong.
 - d. Acknowledge the hurt.
 - e. Accept the consequences.
 - f. Alter your behavior.
 - g. Ask for Forgiveness.

B. Lovingly restore (correct) your spouse. Gal. 6:1-2 Mt. 7:5 18:15-20 Rom. 15:14

1. **Overlook Minor Offenses.** I Pet. 4:8 Pr. 19:11
2. **Talk in Private.**
3. **Take One or Two Others Along.**
4. **Tell it to the Church.**
5. **Treat him as an Unbeliever.**

C. Grant Forgiveness When You Have Been Wronged. Mt. 6:14 18:21-35 Eph. 4:32

1. **Forgive as God has forgiven You: Freely and Unconditionally.**
2. **The Four Promises of Forgiveness.**
 - a. I will not think about this incident. I Cor. 13:5 Jer. 31:34
 - b. I will not bring this incident up and use it against you.
 - c. I will not talk to others about this incident.
 - d. I will not allow this incident to stand between us or to hinder our relationship.

D. Keep Short Accounts.

1. **Don't Let the Sun Go Down on Your Anger.** Eph. 4:26-27
2. **Beware of Letting a Root of Bitterness Spring Up!** Eph. 4:30

E. Learn to Control Anger. Pr. 29:11,20,22 25:28 15:1 Rom. 12:17-21 Eph. 4:31-32

1. **Neither Vent Your Anger, nor Bottle it Up.** Attack the Problem instead of People.
2. **Learn Self Control.** The legitimate use of "time-outs". Pr. 17:14 25:28
3. **Understand the Difference Between Righteous and Unrighteous Anger.** Eph. 4:26
4. **Deal with the Heart of Your Anger.** I Cor. 6:19-20 Rom. 12:17-21 14:19

III. Keys to Communication – plant the flowers.

A. The Goal of Communication: Love. Phil. 2:1-5 Rom. 15:2

B. Learn to Listen in Love. James 1:19

1. **God Listens to You.** Isa. 59:1
2. **Are You More Concerned About Being Heard, or Hearing?** Phil. 2:1-5 I Pet. 3:7
3. **Develop Good Listening Skills.** I Cor. 13:4-7
4. **Learn to Draw Your Spouse Out.** Pr. 20:5

C. Learn to Speak in Love.

1. **God's Ideal for Marriage is Intimacy and Openness.** Gen. 2:25
2. **Is Total Honesty Always Called For?** Pr. 18:2 10:19 Eph. 4:29
3. **Learn to Communicate on a Deeper Level.**
4. **Use Your Speech to Built Up.** Eph. 4:29 5:19 Pr. 16:21,24 10:11,21 31:26 Phil. 4:8 **Do You Know What Style of Communication Best Reaches to Your Spouse?**
5. **Timing Can be Important.** Pr. 25:11 27:14 15:23

D. Communication Killers. Circuit Jammers (Wayne Mack).

1. **Lies.** Mt. 5:33-36 Eph. 4:25
2. **Busyness and Distractions.**
3. **Self Centered Conversation:**, interrupting, monopolizing, hasty speech, unnecessary correction, boasting. Pr. 18:13, 18:2 10:18 20:20 27:2 Js. 1:19 Ecc. 5:2
4. **Destructive "Unsafe" Speech.**
 - a. Angry Cruel hurtful words. Mt. 5:21-22 Pr. 10:11 12:18 15:1,28 16:21,23-24 Js. 3:5-8 Eph. 4:29,31
 - b. Bullying, threatening and manipulating.

C. Nagging, negativity, grumbling, and public criticism. I Pet. 3:1-2 Pr. 25:24 **Harmful Body Language and other Non-verbal Communication.** Pr. 6:12-15 10:10 16:30

5. **Refusal to Communicate.**

6. **Bitterness and Dwelling on the Past.** I Co. 13:5

II. Practical Ways to Build Up Your Communication.

A. Set Regular Times in Which You Will Give Undivided Attention to Each Other.

1. **Daily Debriefing.**

2. **Bi-weekly Date.**

3. **Semi-Annual Get Away.**

B. Worship Together.

C. A Communication Exercise.

1. **First the Husband Explains the Wife's Point of View. "**

2. **Then the Wife Explains the Husband's Point of View.** (Same rules)

3. **Then the Wife Responds to the Husband.**

4. **Then the Husband Respond's to the Wife.**

D. Set Goals Together.

E. Have Fun Together.

F. The Same Principles of Communication and Conflict Resolution Apply in Other Relationships: i.e. Children.

G. Communication homework exercises.