

## Navigating Conflict

James 1:19-20 (ESV) - Know this, my beloved brothers: let every person be **QUICK TO HEAR, SLOW TO SPEAK, SLOW TO ANGER**; for the anger of man does not produce the righteousness of God.

### 1. "...Quick To Hear..."

Stop and \_\_\_\_\_ carefully.

- Proverbs 18:2

Practice: **REPEAT** what you hear your spouse say.

### 2. "...Slow To Speak..."

Guard your \_\_\_\_\_ vigilantly.

- Proverbs 21:23
- Proverbs 17:28

Practice: Ask Yourself Two Questions:

- 1) Should it be \_\_\_\_\_?
- 2) Should it be said \_\_\_\_\_?

#### 7 Ground Rules For Fighting Fair:

- Don't call one another \_\_\_\_\_.
- Don't raise your **VOICE**.
- Don't use the \_\_\_\_\_ treatment.
- Don't get **HISTORICAL**.
- Don't say **NEVER OR ALWAYS**.
- Don't threaten \_\_\_\_\_.
- Don't **COMPARE YOUR** spouse to another person.

**Cardinal Rule:** \_\_\_\_\_ Quote Your Pastor During A Fight.

### 3. "...Slow To Anger..."

Manage your \_\_\_\_\_ righteously.

- Eph. 4:26-27

Avoid becoming a:

- \_\_\_\_\_: huffs and puffs till they blow their house down. (Contention)
- **SCREAMER**: lack "inside" voice. (Intimidation)
- \_\_\_\_\_: conflict triggers the waterworks. (Manipulation)
- **SCHEMER**: contemplates the comeback. (Retaliation)

Practice: Don't Go To Bed With **UNRESOLVED** Anger.

**Always fight for \_\_\_\_\_, not for personal \_\_\_\_\_.**

## Reflect and Discuss

1. What is the Holy Spirit speaking to you today? How should you respond?
2. Discuss your current and “future” plans to guard your words and soften your reactions to one another.
3. Review and discuss the “Ground Rules” for fighting fair. What can you do to treat one another with dignity even when disagreeing?
4. Discuss and review the four common emotional responses during conflicts. Honestly assess how these act as triggers to escalate your conflicts.
5. Take a few minutes to reflect on your marriage's emotional landscape. Are there responses, actions, or reactions that you need to seek or offer forgiveness?

### Bonus

Take a few minutes to discuss and craft your own Ground Rules for managing disagreements.

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### Next Week

*happily ever after?*

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“Communication”

## UPCOMING EVENTS

APRIL

**TODAY**  
21

- SIGN UP FOR THE SANFORD BLOCK PARTY
- TEEN GROUP SMALL GROUP @ 3:30PM

**TUESDAY**  
27

- SANFORD BLOCK PARTY OUTREACH @ 8AM-3PM

**SUNDAY**  
28

- COMMUNICATING FOR A CHANGE

MAY

**THURSDAY**  
2

NATIONAL DAY OF PRAYER

**FRIDAY**  
3

RELAY FOR LIFE (LET'S GO TEAM MCS!)

**TUES-TH**  
21-23

ANNUAL MULTIPLY CONFERENCE (FAYETTEVILLE)

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# 6 Tips for Managing Your Emotions

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## 1. Be Aware of Your Physical Reaction

When emotions become overwhelming, our bodies change. Heart rates go up. Breathing changes. Muscles tense up. You might start to sweat.

These are warning signs that we are becoming flooded by our emotions. You start to be hijacked by feelings, and rational thought is almost impossible at that point.

We often hear from couples that they had a big fight. When we ask them to explain it, it comes out that one or both of them become flooded by emotion. Something triggered them, and their emotions hijacked their body's reaction.

People can become more aware of their emotions if they notice their physical reactions. This is the first step in managing your emotions.

## 2. Count to Ten

This is more than just a wise saying. When you get flooded by emotions, your brain goes into automatic mode, and you react with fight, flight, or freeze.

Counting to ten allows your rational brain to get involved. It can help you to think through your reaction and, hopefully, choose a healthier behavior.

If you're really triggered, take a time out. It takes at least 20 minutes for your body to calm down.

## 3. Name Your Emotions

Emotions tell us that something is important to us. They underscore that there is a thought or belief that means something to us.

When we are mentoring couples, we frequently ask someone, "When you argued with your partner, what were you feeling?"

Often, people can't name an emotion. To address this, we use a feeling sheet. We have the person look at the list of emotions and see if they can recognize one.

Just naming the emotion helps. When someone can name their emotion, they can then do a better job of managing it.

## 4. Don't Judge Your Emotions

I used to have only two ways to name an emotion. It was either good or bad.

Emotions like happiness, excitement, and joy were good. Emotions like anger, frustration, fear, sadness were terrible.

I tried to ignore the “bad” emotions and become more logical. The problem is that those emotions are real and sometimes don’t go away. They just create resentment that later is triggered and comes out more forcefully.

I’ve become better at honestly admitting when I am feeling fear, frustration, or sadness. It’s helped to think through the thoughts or beliefs creating those emotions.

## 5. Separate Your Emotions From Your Behavior

Emotions are going to happen. That’s not the issue. The issue is how you react to your emotions and what behavior you engage in. How are you managing your behaviors?

When I became upset with my business partner, that wasn’t the issue. The issue was I blew up and criticized him. My behavior wasn’t appropriate.

The more aware you are of an emotion, the more your rational brain can think through an appropriate response. Instead of reacting with fight, flight, or freeze, you can react with something healthier.

## 6. Understand Your Impact on Others

We frequently ask couples, “When your spouse became angry, what were you feeling?”

Partially, we want the person to be aware of their own emotions. We also want their partner to understand the impact of their behaviors.

If your criticism is tearing down your relationship, it helps to think through other ways to manage your emotions that will result in better behavior.