Conflict Resolution

Saturday, February 14, 2026 4:27 PM



PETER - Nick and Ben to run Mics for questions
Good Evening!

Welcome to week 4 of Marriage Enrichment! Let's begin by discussing your homework from last week.

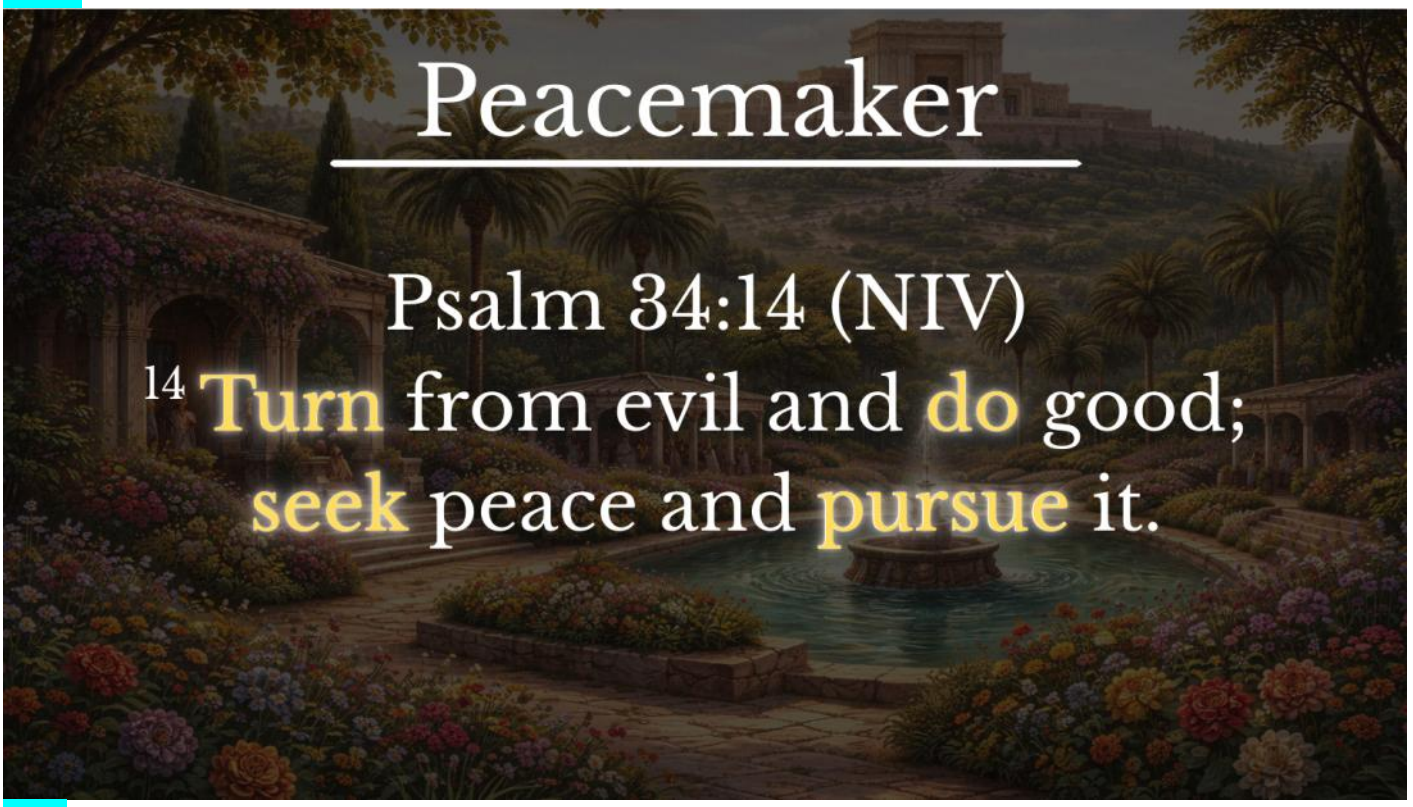
Tell us, from *Red and Green should never be seen*— what is the way to deal with mold?
(2 responses)

Next, what was the overriding point of *Restoration Ultimatum?*
(2 responses)

Can someone give us an example of how they are implementing their Abigail/Nabal cards at home?
(2 responses)
BEN
Before we get into our topic, lets go over three important concepts that need to be at the forefront of your mind for tonight's lesson.

1. Peace is the result of right action

JODY



BEN

All of these verbs are ACTION verbs in the imperative tense! They are not suggestions or requests, they are necessary actions that must be done in order to obtain peace. Shalom MUST be pursued, or else you will never find it.

NICK

2. There is a harvest in your speech

    - **Proverbs 18:21 (NIV)**

      21 The tongue has the power of life and death,
      and those who love it will eat its fruit.

Your words matter! The words you speak to your spouse have the power to bring death, but also have the power to bring life! When you speak life, life will be the fruit you reap in your marriage.

PETER

3. Shalom is a requirement for the Gospel

JOY

    - **Matthew 10:11–13 (NIV)**

      11 Whatever town or village you enter, search there for some worthy
      person and stay at their house until you leave. 12 As you enter the home,
      give it your greeting. 13 If the home is deserving, let your peace rest on it;
      if it is not, let your peace return to you.

PETER

Jesus is giving instructions to His disciples as they go out to the surrounding towns to minister. If the home is deserving, He tells them to let their peace rest on it. So as they go out, what do they have to offer the people they encounter? Their Peace, their Shalom! If they do not possess peace, what would they actually have to offer anyone? Shalom is the requirement to advance in the Kingdom! Shalom is something you have to offer the world and also in your home.

BEN

That being said, let's look at two more passages in the Newer Testament before we go into the Writings for some instructional passages.

- **1 Peter 3:7 (NIV)**
  7 Husbands, in the same way be considerate as you live with your wives, and treat them with respect as the weaker partner and as heirs with you of the gracious gift of life, so that nothing will hinder your prayers.

When you are not walking in proper Shalom with the Lord and your spouse, it affects your prayer life! Thus, it is of the utmost importance to face conflict when it arises and make shalom, this will in turn be a grace to your prayer life.

JODY

- **Matthew 5:23–24 (NIV)**
  23 "Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you,
  24 leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

BEN

Jesus instructs that even if someone is at such a sacred place as the altar, it is worth leaving to go make Shalom with a brother or sister! That is revelatory! How much more for your spouse? Again, it is necessary to face conflict and be the first to GO and make Shalom where it is absent. You have been given the Shalom of Jesus and can GO and make it in every circumstance.

NICK

Soul Submission

In a scenario that you are trying to accomplish God's will & that your soul is in proper alignment with HIM

We want to clarify what proper alignment is again before we go into these tools that we are going to show you from Psalm 25 and Psalm 4, this is presuming that you have already:

1. *Worked through your Abigail and Nabal cards and put your flesh in it's place.*
2. *That you have walked through your love languages together and properly*

edified one another.

3. *That you are in Shalom and are working to fight the Lord's battles.*

We want to make it clear that the tools of "Soul Submission", "Non-negotiables" and "Tabling a Decision" are not tools to deal with the flesh. If you find that the flesh is still present, go back to your index cards!

(This tool is for decisions over time)



Psalm 25:1–10 (NIV)

1 In you, LORD my God, I put my trust (this is not a right translation… the better translation is In you, Lord my God, I lift up my soul!). 2 I trust in you; do not let me be put to shame, nor let my enemies triumph over me. 3 No one who hopes in you will ever be put to shame, but shame will come on those who are treacherous without cause.

- Soul submission…getting your mind, will, emotion…
    - Came to us b/c a woman's husband committed adultery… not about Nabal… not sure whether to stay with him (to be like Christ) or to leave him (to be like Christ)
    - This is not a question, Forgiveness must be given… but do you continue to live with the unfaithful man?
    - This is when you aren't sure what you must do, think, feel… but you are offering your soul to the LORD so that you might accomplish or if you

and your wife have differing views of how to accomplish God's will

JOY

4 Show me your ways, LORD, teach me your paths. 5 Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.

PETER

- Divine Direction vs Carnal Compulsion
    - Carnal Compulsion = confidence based on your own determination of how God's will should be carried out
    - Divine Direction = Submitting your soul to the Lord and asking Him to Show (Yadah) me, Teach (Lamad - train by experience) me, Guide me

JOY

6 Remember, Lord, your great mercy and love, for they are from of old. 7 Do not remember the sins of my youth and my rebellious ways; according to your love remember me, for you, Lord, are good.

PETER

- Ask for mercy knowing you can't receive mercy without giving it (James 2:13)

JODY

8 Good and upright is the LORD; therefore he instructs sinners in his ways. 9 He guides the **humble** in what is right and teaches them his way.

BEN

- His character
- Remembering all the times you thought you were right and were clearly wrong
  This should cause such a humility to appreciate instruction
- This humbling of your very soul allows you to be guided into what is right and for him to teach you His way

JODY

10 All the ways of the LORD are loving and faithful toward those who keep the demands of his covenant.

BEN

- Humility lets us see the true heart of God and keep demands of God's Ketuvah, covenant
- His demands are not optional, they must be kept and submitting your soul to Him will lead to knowing how to carry out His will
- He is loving and faithful to those who are faithful to His covenant, faithful to submit their soul to Him

Psalm 25 will help you identify influences that weren't malicious but also weren't God so you can come to His perfect next step

Psalm 25 and Psalm 4, which we are about to go through, is all about making

decisions between two good things.
Before we jump into Psalm 4, which about quick-decisions, take some time to discuss at your tables some examples where you had to come to a decision between two good things

NICK
This whole process is about the conflicts that arise when trying to make Godly decisions in His Spirit. Psalm 25 is when you have a reasonable amount of time and Psalm 4 is when the time is shortened.

Examples:

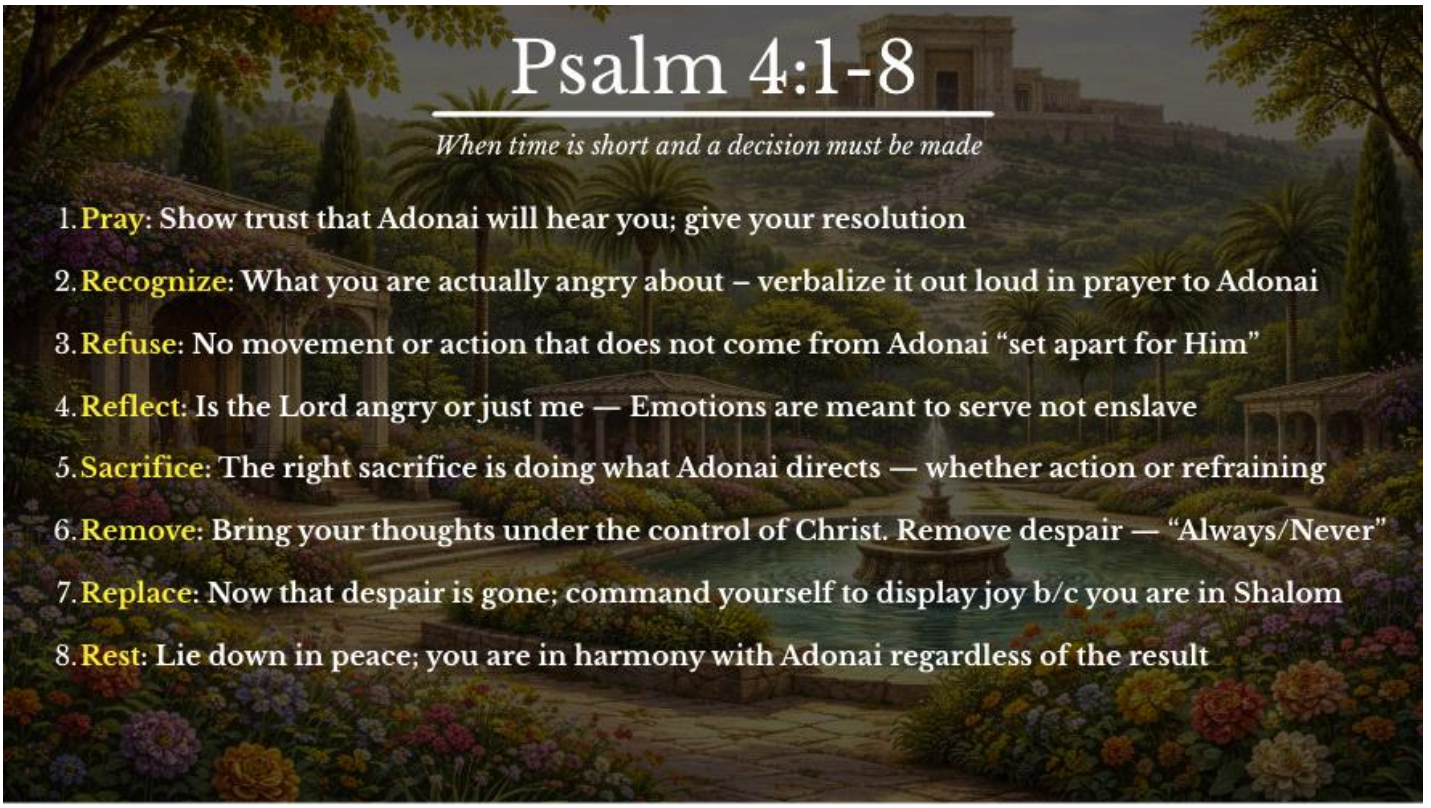
- Time sensitive job offers
- Funeral participation
- Family emergency
- Hospital interaction with children (poison control)
- Ministry housing
- Border crossing

Non-Negotiables

Once again, this is presuming that you have already:

1. *Worked through your Abigail and Nabal cards and put your flesh in it's place.*
2. *That you have walked through your love language together and properly edified one another.*
3. *That you are in Shalom and are working to fight the Lord's battles.*

(This tool is for shortened, time-sensitive decisions where pressure is present)



Psalm 4:1–8 (NIV)

1 Answer me when I call to you, my righteous God. Give me relief from my distress; have mercy on me and hear my prayer.

- **Pray!** Show trust that God will hear you and is going to give you a resolution

2 How long will you people turn my glory into shame? How long will you love delusions and seek false gods?

- **Recognize!** Verbalize out loud what you are actually feeling conflicted about!

PETER & JOY

3 Know that the LORD has set apart his faithful servant for himself; the LORD hears when I call to him.

- **Refuse!** to make any movement or action that doesn't come from the throne because you are set apart for Him

4 Tremble and do not sin; when you are on your beds, search your hearts and be silent.

- **Reflect!** on the Lord's Word to determine if your emotions are being derived from that or somewhere else… your emotions were meant to serve you not enslave you!

5 Offer the sacrifices of the righteous and trust in the LORD.

- **Sacrifice!** In the moment sacrifice by doing what you believe He is directing you
    - Whether action or inaction
    - {Remember the order of Shalom}

BEN & JODY

6 Many, LORD, are asking, “Who will bring us prosperity **(who can show us anything good)**?” Let the light of your face shine on us.

- **Remove!** Now that you have made a decision, you bring your thoughts under the control of Christ and remove despair!
    - Right or wrong you have made the decision in the right way
        - **[C]** Avoid letting the words "always" & "never" enter your mind

7 Fill my heart with joy when their grain and new wine abound.

- **Replace!** Now that despair is gone command yourself to be joyful and happy knowing you are in Shalom

8 In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.

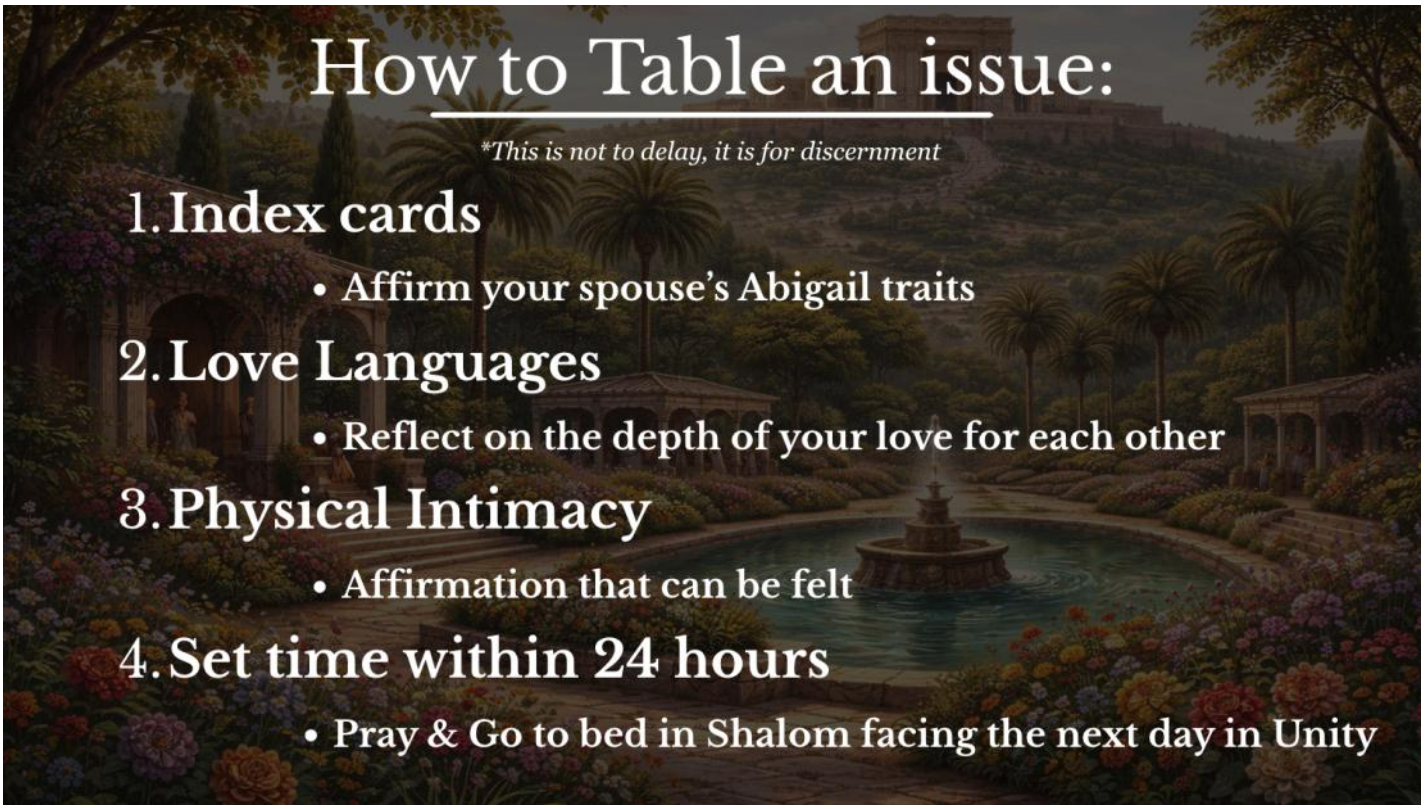
- **Rest!** Lie down in peace! Sit!
- You are in harmony with God no matter what the outcome is.
- In the future you can evaluate the efficacy of your decision but at this point do not dig up in doubt the decision made

NICK

There are times when you will be unable to solve the worlds problems in a single night. It is usually daunting for a couple to know how to move forward when there is no decision that has yet been made, or maybe you still have two differing thoughts on the matter!

Fortunately, this is where all the lessons you have been learning can be put into practice, and even some we are still going to explore in the coming weeks!

(DO NOT READ)



This is how to table an issue. First, this is the time to put your index cards to use! Affirm one another's Abigail traits. You may at this moment not fully agree on a decision or have a decision decided, but this does not negate who the Lord has made both of you to be. Remember, there is a harvest in your speech, so speak life!

Next, use your Love Languages. At this point you have been working on them for two weeks, read them aloud to one another to reflect on the depth of your love for each other. This naturally leads into the next step.

Physical Intimacy is the next step. This looks like affirming hugs, kisses, holding hands and sex!
Do not stop at verbal affirmation, demonstrate affirmation that can be felt!

Finally, set time within 24 hours to revisit the conflict. Pray together after completing steps 1-3 and go to bed in shalom facing the next day in unity and in faith that God will lead you into His will.

Homework

Listen to LCM Sermons:

- Her Ministry Cycle

Read Song of Songs together: (male & female parts)

- No commentaries, read as poetry, as many time's as possible
- Continue Abigail and Nabal cards
- Come next week with completed Love Language