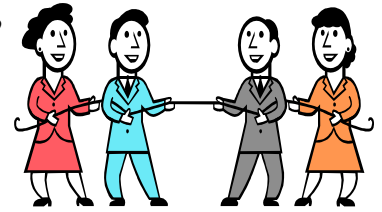


# “BUILDING GODLY RELATIONSHIPS” ...With Constructive Conflict



Think about it...Conflict is as old as Cain and Abel... *Genesis 4*

 *Ephesians 4:26*

## I. “BE ANGRY...”

Anger is N\_\_\_\_\_ and N\_\_\_\_\_

## II. “BUT DO NOT SIN...”

How do you express your anger?

## III. “DON’T LET THE SUN GO DOWN ON YOUR ANGER”

### *Suggestions for Conflict Resolution —*

1. Deal with the act and don’t attack the P\_\_\_\_\_
2. Learn to F\_\_\_\_\_ and F\_\_\_\_\_
3. Beware of allowing unresolved conflict to A\_\_\_\_\_
4. Choose appropriate T\_\_\_\_\_ and P\_\_\_\_\_ for conflict
5. Don’t fight over E\_\_\_\_\_
6. Learn to N\_\_\_\_\_
7. Call on O\_\_\_\_\_ H\_\_\_\_\_ when needed

# TEN WAYS TO COPE WITH CONFLICT IN THE MARRIAGE

- I. Don't avoid conflict with the silent treatment
- II. Don't save "emotional trading stamps"
- III. If possible, prepare the setting for disagreement
- IV. Attack the problem, not each other —
  - Back up accusations with facts
  - Remember to forget
  - No cracks about in-laws or relatives
  - No cracks about your mate's past
  - No cracks about your mate's appearance
  - No dramatics
- V. Don't throw your feelings like stones
- VI. Stay on the subject
- VII. Offer solutions with your criticisms
- VIII. Never say, "You never..."
- XI. Don't manipulate your mate with, "It's all my fault."
- X. Be humble — you could be wrong