

BONUS MATERIAL: The DO-IT-YOURSELF MARRIAGE RETREAT

One good thing to do for your marriage is to get away from your crazy busy life and to take some time to talk about how you are doing in your marriage.

If you are interested in doing something like this, consider using the DO-IT-YOURSELF MARRIAGE RETREAT, which is a retreat doc written to help you and your spouse think through your marriage.

You can find the latest copy at....

<http://biblicalcounselingcoalition.org/resources/a-do-it-yourself-marriage-retreat>

Find a babysitter for the kids. Go away to a B & B. Have lots and lots of fun. But at the same time, intersperse throughout the weekend times when you can talk about your marriage. We've written 70-80 questions, broken down into specific categories (spiritual, finances, parenting, sex, communication, etc.), to help you think through the many different aspects of your marriage.

Why not take some time this upcoming year to invest in marriage by getting away and talking about it?

Next Week: Biblical Communication (Week 8)

Questions? Email Deepak@capbap.org or BTCotton@gmail.com

Core Seminars—Marriage
Week 7

How to Deal with Conflict

The Goal: Wisdom and Peace

Every conflict is an opportunity to grow in wisdom (Prov 3:13-14; 9:10-11).

As Christians we are called to peace (Ps 34:14; Jer 29:7; 1 Cor 7:15; 2 Cor 13:11; Rom 14:19).

How to Deal with Fights

1. Start by looking at your own heart (James 4:1-2; Matthew 7:5)
2. Husbands: Move toward you wife and seek understanding (1 Peter 3:7).
3. Wives: Don't protect, attack, shut-down, or run (Genesis 3:16b).

On Pursuing Understanding with Your Spouse:

Listen. James encourages believers to be “quick to listen, slow to speak, and slow to become angry” (James 1:19).

Ask questions. “The purposes of a man’s heart are deep waters, but a man of understanding draws them out” (Proverbs 20:5)

Clarify assumptions.

1. Don’t assume, instead always ask.
2. Encourage them to put the best possible “spin” on any particular situation.

6 More Thoughts on Dealing with Conflict

1. Restrain the tongue and pursue self-control. (Proverbs 10:19; 11:11; 16:32; James 1:26; 3:10-11).
2. Confess your sin and offer a godly apology (James 5:16; 2 Corinthians 5:18-21).
3. Keep short accounts. (Ephesians 4:26)
4. If you need it, take a break or hit the pause button.
5. Pray about the fighting.
6. Be humble enough to accept outside help. (James 1:10)