

# **Resolving Conflicts Through Discipleship Counseling**

## *Resolving Marriage Conflicts*

*Session Six*

*By Rev. Jeff Pokone*

# Developing a Marriage Counseling Model

<b>Marital Surface Problems</b>	<ul style="list-style-type: none"> <li>• Lack of understanding,</li> <li>• Difficult time in communication</li> <li>• Lack of trust</li> <li>• Lack of genuine giving</li> <li>• Lack of love</li> <li>• Lack of respect</li> <li>• Lack of romance</li> <li>• Little or no desire in enjoying to be with each other</li> </ul>				
<b>Typical Approach in Counseling</b>	<p>Address the surface problems by informing the counselees how to solve their problems with Biblical Information. This approach may help with some couples. The counselor serves as the mediator.</p>				
<b>Surface Cause</b> <ul style="list-style-type: none"> <li>• <i>Reaction to Unmet Needs</i></li> <li>• <i>Person Feels Rejection</i></li> </ul>	<table style="width: 100%; border: none;"> <thead> <tr> <th style="text-align: center; border: none;">Wives Needs</th> <th style="text-align: center; border: none;">Husbands Needs</th> </tr> </thead> <tbody> <tr> <td style="border: none;"> <ul style="list-style-type: none"> <li>• Loved and cherished</li> <li>• Understood</li> <li>• Openness and Honesty</li> <li>• Financial Security</li> <li>• Leader</li> </ul> </td> <td style="border: none;"> <ul style="list-style-type: none"> <li>• Respected as a Leader</li> <li>• Wife Enjoy Physical Relationship</li> <li>• A Friend</li> <li>• Affirmation</li> <li>• To Be Proud of His Wife</li> </ul> </td> </tr> </tbody> </table>	Wives Needs	Husbands Needs	<ul style="list-style-type: none"> <li>• Loved and cherished</li> <li>• Understood</li> <li>• Openness and Honesty</li> <li>• Financial Security</li> <li>• Leader</li> </ul>	<ul style="list-style-type: none"> <li>• Respected as a Leader</li> <li>• Wife Enjoy Physical Relationship</li> <li>• A Friend</li> <li>• Affirmation</li> <li>• To Be Proud of His Wife</li> </ul>
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<b>Root Problems</b> <ul style="list-style-type: none"> <li>• <i>Strongholds</i></li> <li>• <i>Blind Spots</i></li> <li>• <i>Generational Tendencies</i></li> </ul>	<p>Address and Begin to Resolve Root Problems in Each Individual</p>				
<b>Root Cause</b> <ul style="list-style-type: none"> <li>• <i>Walking in the Flesh</i></li> </ul>	<p>The flesh is selfish to the core and always manifests itself in sinful behavior and is incapable of giving genuine love (Galatians 5:16 and 19; 1 Peter 4:2). Marriage like no other relationship will require me to deny myself and die to my flesh daily.</p>				

## I. Trace Present Problems to Root Issues

- Most people know very little about how to resolve their marital problems.
- Many people bring unresolved problems into their marriage and then more problems develop over the years within the marriage.
- These problems can exist for many years with little or no resolution. Lack of spiritual, emotional, physical intimacy as well as, friendship, will be an indicator of deeper unresolved issues.
- The majority of people that go to good churches and receive Christian counseling are taught a list of Biblical responsibilities for a husband and wife. However, these people are incapable of living in the freedom that Christ provided; that will allow them to walk in the Spirit, and empower them to fulfill these responsibilities to their mate.
- To help a couple receive counseling that will truly help them, you must look past the present problems. It is necessary to identify and resolve the root issues within each individual.
- These issues must be resolved as God is working in a person's heart by the power of the Holy Spirit and the Word of God. In this process, we will find genuine repentance, humility, truth, wisdom, grace, and healing.
- Satan desires for us to look in other places than God to meet our deepest needs of love, security and acceptance.
- Both clients must be willing to follow the Lord's direction.

### **Psalm 81:10-16**

*"I am the LORD thy God, which brought thee out of the land of Egypt: open thy mouth wide, and I will fill it. But My people would not hearken to My voice; and Israel would none of Me. So I gave them up unto their own hearts' lust: and they walked in their own counsels. Oh that My people had hearkened unto Me, and Israel had walked in My ways! I should soon have subdued their enemies, and turned My hand against their adversaries. The haters of the LORD should have submitted themselves unto Him: but their time should have endured for ever. He should have fed them also with the finest of the wheat: and with honey out of the rock should I have satisfied thee."*

## II. Understand Satan's Desire to Destroy the Spiritual, Emotional, and Physical Oneness God Has Designed for Marriage

- Criteria for a successful marriage—Maintaining oneness.
- Both husband and wife need to leave Mom and Dad physically, emotionally, mentally, spiritually, and financially (Genesis 2:24).
- They need to bond together in such a way as they become one.
- They need to have no unresolved issues between themselves and God, so that intimacy and transparency are the norm for their relationship (Acts 24:16; 1 John 1:5-9).
- Bonding takes place between a man and a woman when there is a total commitment of body, soul, and spirit to each other without reservation (1 Corinthians 7:33; Proverbs 5:18). Many people bond out of a fear of rejection.
- They develop intimacy by tearing down the walls around their hearts (Philippians 2:1-4, Colossians 2:1-2).

### III. Learn How Husbands and Wives React Out of Their Unmet Needs

Sadly most marriages today are manipulative in origin. A man marries a woman to receive love from her, or a woman marries a man to get love and security. Both are manipulative, and poor foundations for marriage and a family.”—Bruce Thompson (*Crown Ministries*)

Spiritual, emotional, and physical intimacy is essential if a couple is to experience the oneness that God planned for marriage. This intimacy in relationships (or lack of) is passed on to the children. There is an ability to give and receive love. This intimacy is only possible if an individual’s heart is engaged in a love relationship with the Lord and people around him or her. If a person is emotionally locked, they will struggle with allowing God’s love to flow thru their lives.

#### Wife Needs Security— “I am safe enough”

- A wife who feels insecure will be greatly influenced by fear, and will begin to try to control her husband and family to help her meet her needs for security. Her controlling will never bring about what she needs and she will become very frustrated and begin to react in anger. This will only make matters worse and undermines the very thing she needs, as her husband reacts to her controlling behavior.
- Because fear is a very powerful emotion, Satan will use fear in a woman’s emotions to deceive her. She must learn that not every thing she feels is true. Fear is the antithesis of faith.
- Ultimately, the wife must find her needs for security by trusting in God with her fears and concerns.

#### Five Needs of a Wife

##### 1. Needs to feel loved and cherished

- *“Husbands, love your wives, just as Christ also loved the church and gave Himself for her.”—Ephesians 5:25*

##### 2. Needs to be understood at an emotional level

- *“Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered.”—1 Peter 3:7*

##### 3. Needs her husband to be open and honest

- *“But, speaking the truth in love, may grow up in all things into Him who is the head—Christ....Therefore, putting away lying, Let each one of you speak truth with his neighbor, for we are members of one another.”—Ephesians 4:15, 25*

##### 4. Needs security

- *“But I want you to be without care. He who is unmarried cares for the things of the Lord—how he may please the Lord. But he who is married cares about the things of the world—how he may please his wife.”—1 Corinthians 7:32-33*

##### 5. Needs her husband to be leader of the family

- *“For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body.”—Ephesians 5:23*

#### Five Needs of a Husband

##### 1. Needs to be respected as a leader

- *“Wives, submit to your own husbands, as is fitting in the Lord.”—Colossians 3:18*

##### 2. Needs his wife to enjoy their physical relationship

- *“Behold, you are fair, my love! Behold, you are fair!....”—Song of Solomon 1:15*

##### 3. Needs his wife to be a friend in whom he can trust, and likes doing things he enjoys (a buddy)

- *“The heart of her husband safely trusts her; So he will have no lack of gain. She does him good and not evil All the days of her life.”—Proverbs 31:11-12*

##### 4. Needs affirmation for the things he does

- *“Rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God. For in this manner, in former times, the holy women who trusted in God also adorned themselves, being submissive to their own husbands, As Sarah obeyed Abraham, calling him lord, whose daughters you are if you do good and are not afraid with any terror.”—1 Peter 3:4-6*

##### 5. Needs to be proud of his wife

- *“She watches over the ways of her household, And does not eat the bread of idleness.”—Proverbs 31:27*

- It is imperative that the husband understand his wife’s needs and do his best to meet them as God intends.

**Husband Needs Affirmation— “I am good enough.”**

- A husband who does not feel affirmation will look to success, work, money, and approval from other women to find it.
- Satan will use a man’s pride; he believes the lie that *it is all up to me*. This lie when acted upon causes a man to live life totally dependent on his own resources, instead of God. When men live out of their prideful sinful flesh, men become deceived and they lean on their own understanding and wisdom.
- A husband ultimately must find his need for affirmation in his identity in Christ and not by a performance based acceptance.

**IV. Resolve Spiritual Conflicts in Marriage**

- Spiritual Warfare Worldview—Ultimately Satan is out to steal, kill, and destroy us, our marriages and families. His desire is to influence us to believe the lie that our mate is the enemy. However, what is more important is that we can only change ourselves. Because of our sinful nature and the selfishness we are capable of we must focus on the power of God changing our own selves and the unresolved issues within, instead of focusing on our marriage partner and the changes they need to make.
- Strongholds—areas of continual struggle in our lives that are weaknesses within our minds and emotions and sins of the flesh that Satan can use to bring destruction in our lives. Some of these strongholds are passed down as generational iniquities (tendencies to go in the same direction).
- Blind-spots—aspects of our behavior that we do not understand. They cause us to have difficulties in our personal life and marriage. They can include generational iniquities, strongholds, personality traits and behaviors, and an inability to understand others. An example of this would be a husband understanding his wife at an emotional level.
- There are several different areas that are interrelated and need to be addressed personally or in counseling.

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Negative Thoughts and Feelings | <input type="checkbox"/> Temporal Values            | <input type="checkbox"/> Rejection                  |
| <input type="checkbox"/> Legalism and Hypocrisy         | <input type="checkbox"/> Guilty Conscience          | <input type="checkbox"/> Bitterness                 |
| <input type="checkbox"/> Lack of Emotional Maturity     | <input type="checkbox"/> Pride                      | <input type="checkbox"/> Occult or Cult Involvement |
| <input type="checkbox"/> Addictions                     | <input type="checkbox"/> Rebellion                  | <input type="checkbox"/> Unhealthy Soul Ties        |
| <input type="checkbox"/> Fear and Anxiety               | <input type="checkbox"/> Sexual immorality          | <input type="checkbox"/> Abuse                      |
| <input type="checkbox"/> Bonding and Attachment Issues  | <input type="checkbox"/> Lack of Identity in Christ |   |

- Helpful tools to resolve these issues
  1. *Steps to Freedom*—Dr. Neil T. Anderson
  2. *Biblical Concepts Counseling Workbook, Identifying and Resolving Personal and Marital Problems Biblically*—John Regier
  3. *Reclaiming Surrendered Ground*—Dr. Jim Logan
  4. *The Life Model (Living from the Heart Jesus Gave You)*—Shepherd's House
  5. *Love and Respect*—Emerson Eggerichs

# IMPACT OF REJECTION IN MARRIAGE

**Scripture: Romans 15:7**

*“Therefore receive one another, just as Christ also received us, to the glory of God.”*

## Rejection

Think or feel unloved

Determined to please spouse to gain their approval

## More Rejection Comes

**Take Over**

*“control”*

*“I am going to...”*

**Give In**

*“passive”*

*“It’s ok if...”*

**Give Up**

*“leave”*

*“I don’t need...”*

## Emotional Impact

Inability to express feelings

Emotional Wall

Performance and Perfection

Fear and Worry

Worthlessness

Self-Condensation

Subjectivity

Introspective

Regrets

Irresponsibility

Bitterness

Rebellion

## Spiritual Impact

*Refuses to trust in God*

Spiritual appearance

*Unable to trust in God*

Condemnation

*God is a tyrant*

Rebellious

## Life According to the Flesh

*1 Corinthians 3:3*

## Solution

Understand fear and control

*1 Peter*

Understand God’s love

*3 John 4*

Resolve bitterness

*Ephesians 4*

# Resolving Rejection

## Steps to Bring Reconciliation in Relationships

### Scripture: 1 Peter 3:8-12

*"Finally, all of you be of one mind, having compassion for one another; love as brothers, be tenderhearted, be courteous; Not returning evil for evil or reviling for reviling, but on the contrary blessing, knowing that you were called to this, that you may inherit a blessing. For "He who would love life And see good days, Let him refrain his tongue from evil, And his lips from speaking deceit. Let him turn away from evil and do good; Let him seek peace and pursue it. For the eyes of the LORD are on the righteous, And His ears are open to their prayers; But the face of the LORD is against those who do evil."*

### What Brings People Together

1. Face "lights up" and says, I am glad to be with you
2. Encouraging words
3. Many smiles and warm tone of voice
4. Enjoying quiet times together
5. Feeling safe
6. Loving touches
7. Surprises that bring joy
8. Spiritual, Emotional intimacy building experiences
9. Times in which you were genuinely glad to be together on a every day basis

### How Walls are Built Around Our Hearts in Marriage & Family Relationships

1. Unresolved hurts that bring rejection (lack of emotional understanding and heart forgiveness).
2. Most people do not know how to resolve ruptures in relationships so that they both feel better.
3. Each hurt is a brick in the wall they build around their hearts..

### How to Respond to Others to Bring Reconciliation (*Heart Felt Living and True Forgiveness*)

1. **"Be ye all of one mind"**—to think the same regarding the need to love each other; have empathy for one another.
2. **"Having compassion one of another"**—five English words for one Greek word: Verb form of *sumpatheo* (*sumpathes*) literally means, "to feel together with; to have sympathy for one another."
3. **"Love as brethren"**—*phileo* love- as a fellow countryman (family type) desires to act.

### Heart to Heart, Counselor-Guided Communication

- What has been your favorite time period in our relationship together?
- Why was it your favorite time period together?
- Do you miss the closeness we shared back then?
- Did you feel that I was glad to be with you? Why?
- How would you know that I am glad to be with you now?
- Are there any walls around your heart that keep me out? What are they made out of?
- Would you like the wall to come down?
- Is there any way that I have hurt you, that you feel I have a hard time understanding? What is it?
- How have I hurt you?
- How did it /does it make you feel?
- What are your greatest fears?

4. **“Be pitiful”**—compassionate heart.
5. **“Be courteous”**—demonstrate humility in your attitude.

#### **Four Response Options**

1. **Evil for evil** (1 Peter 3:12)—God will be against them
2. **Evil for good** (Proverbs 17:13)—Solomon says that evil will never depart from his house
3. **Good for evil** (1 Peter 3:9)—They will experience God’s blessing.
4. **Good for good** (Luke 6:31)—Jesus describes this relationship by saying, *“And just as you want men to do to you, you also do to them likewise.”*

#### **God Promises Five Blessings**

1. We will inherit a blessing “inherit” obtain what is rightfully ours in being God’s child
2. We will enjoy life
3. We will see good days
4. We will be watched over by God
5. God will answer our prayers

3.

## Emotional Pain Words

- Abandoned
- Accused
- Afraid
- Alone
- Angry
- Anxious
- Apathetic
- Ashamed
- Attacked
- Bad
- Belittled
- Betrayed
- Bitter
- Blamed
- Cheap
- Cheated
- Condemned
- Confused
- Controlled
- Deceived
- Defeated
- Defenseless
- Degraded
- Defrauded
- Despair
- Destroyed
- Devalued
- Don't belong
- Dirty
- Disappointed
- Disgusted
- Disrespected
- Dominated
- Embarrassed
- Empty

- Exposed
- Failure
- Fearful
- Foolish
- Frustrated
- Guilty
- Hated
- Hurt
- Inadequate
- Indecent
- Inferior
- Insecure
- Insensitive to my needs
- Insignificant
- Invalidated
- Lied to
- Lonely
- Manipulated
- Mindless
- Mistreated
- Misunderstood
- Molested
- Neglected
- Not cherished
- Overwhelmed
- Pressure to perform
- Pressured
- Rejected
- Repulsed
- Revenge
- Ruined
- Sad
- Scared

- Secluded
- Self-disgust
- Stressed
- Stupid
- Suffocated
- Suicidal
- Taken advantage of
- Torn apart
- Trapped
- Trash
- Ugly
- Unaccepted
- Unloving
- Unloved
- Unclean
- Unfairly treated
- Unfit
- Unimportant
- Unlovable
- Unnecessary
- Unprotected
- Unsafe
- Unsympathetic
- Unwanted
- Used
- Violated
- Vulnerable
- Wasted
- Wicked
- Worthless
- Wounded
- Wrongly judged

## Consequences of Emotional Pain

- Loss of reputation
- Loss of money
- Loss of job
- Loss of security
- Loss of love
- Loss of childhood
- Loss of trust
- Loss of good years
- Loss of relationships
- Loss of family

# Ways I have Hurt My Spouse

Describe Each Hurt You Have Caused	Describe the Emotional Pain You Caused

“I was wrong in \_\_\_\_\_, making you feel \_\_\_\_\_.  
*(Specific hurt)* *(Describe the hurt it caused)*

Would you choose to forgive me?”

# Ways My Spouse Has Hurt Me

Describe Each Hurt They Caused	Describe the Emotional Pain They Caused

“I choose to forgive \_\_\_\_\_ for \_\_\_\_\_, causing me to feel \_\_\_\_\_.  
*(Person's Name)* *(Hurt They Caused)* *(Pain You Felt)*

I choose to accept the emotional pain and the consequences that \_\_\_\_\_ has caused me.  
*(Person's Name)*

I ask You in the Name of the Lord Jesus Christ to take back the ground I gave to Satan through my bitterness, and I yield that ground to Your control.”