

# Resolving Marital Conflicts

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Destructive when in the flesh	Constructive when in the Spirit
Spouses do not understand the value of conflict that naturally comes when other opinions and perspectives are shared.	Spouses understand the need to hear the other side so responsible decisions can be made. <i>(Ephesians 5:21)</i>
There is a competitive climate that implies a win-lose situation.	There is a cooperative spirit and commitment to the marriage that searches for a win-win situation. <i>(1 Peter 3:7)</i>
“Getting my own way” is all-important.	Doing it God’s way is all-important. <i>(Colossians 3:23; Ephesians 5:10,17)</i>
Spouses employ all kinds of defense mechanisms including projection, suppression, blame, withdrawal and aggression.	Spouses are not defensive and know that disagreements evolve from the other person’s sincere concern for the marriage. <i>(Philippians 2:3)</i>
Spouses are locked into their own viewpoints, unwilling to consider the perspective and ideas of their mates.	Spouses believe they will eventually come to an agreement that is better than any one individual’s suggestion. <i>(Philippians 2:2)</i>
Spouses resort to personal attacks instead of focusing on the issues.	Disagreements are confined to issues rather than personalities. <i>(Ephesians 4:15)</i>
Personal ideas and opinions are valued over the marriage relationship.	The marriage relationship is more important than the need to win or be right. <i>(Philippians 2:14-15)</i>
<b>Approach to conflict:</b> <ul style="list-style-type: none"> <li>• What is the problem?</li> <li>• What are the solutions?</li> </ul>	<b>Approach to conflict:</b> What is God leading us to do together to resolve the problem?

## Personal Evaluation Questions

1. How do you handle conflict?
2. How quickly do you acknowledge God when you have a conflict?
3. Are there areas of disagreement between you and your spouse that you need to resolve with God’s help?
4. What steps does God want you to take to improve your communication in your marriage?