

7 Secrets to Solving Conflicts in Marriage

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Introduction

Marriage, because it's made up of human beings, will sometimes involve conflict. We need the tools to solve them quickly and minimize the damage.

- 1. Don't Pretend You or Your Spouse Can Read Minds!**
 - a. "For what man knows the things of a man save the spirit of man which is in him?" (1 Cor. 2:11).
 - b. Don't say, "I know what you're thinking..." or, "If you don't know I'm not going to tell you."
- 2. Don't Go Digging Up Bones!**
 - a. There are times when it is valuable to bring up sins of the past.
 - b. It is counterproductive in marriage to harp on mistakes/weaknesses in your spouse.
 - c. 1 Corinthians 13:5 says that love "...Thinks no evil...."
- 3. Don't Lie to Enhance Your Assertions in an Argument!**
 - a. I'm talking about exaggeration. Why do we do this?
 - b. Examples: "You ALWAYS treat other women nicer than you do me," or "You NEVER say nice things to me."
- 4. Don't Fail to Keep This Between Us!**
 - a. Arguing in front of the children is a mistake for two reasons:
 - (1) First, because you don't know what damage you may be bringing on the heart of your child. After all, parents are the Godlike anchors for children.
 - (2) Second, because your children are learning how married people should act by observing you.
 - b. An angry word spoken in private is much easier to fix than one spoken where friends or strangers could hear.
- 5. Don't Manipulate with Sex!**
 - a. "Let the husband render to his wife the affection due her, and likewise also the wife to her husband. The wife does not have authority over her own body, but the husband does. And likewise the husband does not have authority over his own body, but the wife does. Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control" (1 Cor. 7:3-5).
 - b. "Let your fountain be blessed, And rejoice with the wife of your youth. As a loving deer and a graceful doe, Let her breasts satisfy you at all times; And always be enraptured with her love" (Prov. 5:18-19).
 - c. To withhold sex until you get your way is to defraud your spouse. Your body doesn't belong to you.
- 6. Don't Offer Cheap Apologies!**
 - a. Do you ever apologize to your spouse for something you shouldn't have said or done, and say, "I'm sorry I did that, but I only did it because...", and then offer mitigating circumstances?
 - b. Best apology in the Bible:
 - (1) "And the son said to him, 'Father, I have sinned against heaven and in your sight, and am no longer worthy to be called your son'" (Luke 15:21).
- 7. Don't Lose Your Faith in an Attempt to Rehabilitate Your Spouse!**
 - a. Galatians 6:1
 - b. 1 Peter 3:1-6