

## TEACHING NOTES (underlined words indicate answers for the handout)

### Step 4 —

To Have a Marriage That Really Lasts, You Must Have an Effective Way To Resolve Conflict .

A. This kind of marriage is the one that has worked out a way to solve problems in the home.

1. This is the kind of home that has a way or plan to work out the conflicts that come into the home.

I heard one statement which read, “My wife and I have an agreement. I don’t try to run her like and I don’t try to run my life.”

This is not an effective way of working out problems even though it is better than some.

2. We need to clearly understand that whenever you have two or more people having a continuing relationship, there will be conflict.

a. Are you married? There will be conflict!

b. Are you single and living at home with our parents? There will be conflict!

c. Are you a single parent with a son or daughter at home? There will be conflict!

3. Whenever there is conflict there can only be one of two outcomes:

a. We will either hurt and even destroy each other.

b. Or we will build up each other and benefit from the experience.

What are some problems that are hard to work out?

What should you do or how should you react when one party is not willing or does not want to work out the problems?

Are there any problems which cannot be worked out? If so, why?

B. How Should We Solve Problems In Our Marriage?

Remember, these lessons are basic overviews of the problems, not exclusive and thorough exhausted answers.

1. Do not underestimate your problem.

a. To illustrate this you can think of problems kind of like a pregnancy. Things will keep growing until somebody will notice.

b. When there is a conflict look to resolve it. Ignoring it will not make it go away.

2. Do not underestimate your potential to recover from these problems.

a. You must remember that the problems you have encountered in your marriage have already been encountered by millions of other people of which millions have been successful in them.

b. You and your problems are not unique just to you.

c. Be encouraged. Others have gone through it successfully.

3. Do not exaggerate your problem.

a. Please quit making them bigger than life.

b. Too often a small problem is fueled and it ends up being a lot bigger than you could ever dream it to be.

A good preacher friend of mine has a wife that I get a real kick out of listening to her tell about some problem she and her husband are facing. Oh! My ...

What is an example of a small problem that is made out to be gigantic?

a. Picking up socks.

b. Not helping with the dishes.

c. Failing to take out the trash.

What is this really a sign of?

a. There is a bigger problem under the surface.

b. Men have a tendency to forget.

c. Women have a strong tendency to remember.

d. Unresolved problems can cause real bitterness and resentment.

4. Consider all the possible solutions for your problem and pick one.

5. If your problems are not being progressively solved, be willing to seek help if really needed.

a. Asking for help is not a sign of defeat but a sign of hope.

b. Asking for help is a definite sign of your desire to solve your problems.

c. There are some problems which need a third party to help each side see themselves as they really are.

## APPLICATION

1. Let me encourage you with this: One thing you really need to know is if you really do have a problem.

2. There are some things in a family that are just not going to change.

3. Don't take this in a negative way or to give up the problem.

4. Remember, we are all different people and all have our different ways and different personalities.

5. It is not really a problem for different personalities to never see things in the same way or like the same things.

6. If you cannot do anything about it, this is not a problem - it is a fact of life. Ex. tall, short, skinny, fat.

7. There are too many people trying to fix the facts of life where the temperament of the spouse or even the child makes it very clear that is the way they are and they are going to always be that way.

8. Don't force your companion to be something they are not.

9. When you understand this, then you can back away and quit trying to fix everything.

10. Major on fixing the things that are broke.

Let me share a newspaper ad about a guy and remember this is about resolving conflict. Here is what it said, "I would like to announce that the notice I put in this newspaper last Saturday was in error. I will be responsible for any debts incurred by my wife and I will start paying after I get out of the hospital."

## CONCLUSION

Let's pray a prayer of commitment to acknowledging and confirming and resolving the conflicts in our marriages.