

Resolving Conflicts by Turning On and Tuning In

"Instead, be kind to each other, tender-hearted, forgiving one another, just as God has forgiven you because you belong to Christ." Ephesians 4:32 TLB

Marriage is an artistic dance. It's easy to get out of kilter. Feelings draw us together. Judgments push us apart. Marriages are like the jukebox. Marriages are fragile and require attention and care.

Dr. Leman says that for couples to become good communicators they must "turn on and tune in."

Healthy Conflict Resolution

Couples improve in the art of resolving conflict by practicing good conflict resolution skills. Marriage presents couples lots of opportunities to practice. A healthy conflict resolution technique is to repeat back what you hear to be sure you heard it correctly. Healthy conflict resolution can be hard. At times women may be indirect in communicating their desires and needs. Words are very important, they can be destructive or productive. Couples who are happily married have developed the ability to forgive one another. The greatest obstacle to forgiveness is pride.

Your heavenly Father will forgive you if you forgive those who sin against you; but if you refuse to forgive them, he will not forgive you. Matthew 6:14-15, TLB

"Come now, let us settle the matter," says the Lord. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool. If you are willing and obedient, you will eat the good things of the land

Prayer

Lord we invite you to be Lord of our lives. We invite you into our marriage and into our conflicts. Amen.