



Week Six

*Victorious
Conflict*

Resolution



Victorious Conflict Resolution



This week we are talking about how to resolve conflict in marriage peacefully and victoriously. Just as we discussed last week the power and beauty of connecting with our husbands through sexual intimacy, there are times in marriage when couples cannot interact with one another physically due to conflicts that arise.

Oftentimes, these conflicts start out small, but over time can compound into much larger issues if they are not addressed quickly and strategically.

Even in the book Song of Songs, King Solomon experienced conflict.

*Catch for us the foxes, the little foxes that ruin the vineyards,
our vineyards that are in bloom.*

Song of Songs 2:15

Those “little foxes” are conflicts, arguments and unresolved issues that will ruin the beautiful vineyard of your marriage without proper conflict resolution strategies.

Resolving Conflict Peacefully with your Husband

Here are some helpful strategies to implement when you and your husband need to resolve a conflict:

- Don't discuss the issue when you are both upset.

Agree on a day and time to discuss the conflict later in the day when you have had a chance to settle your emotions. Research shows that most men need more time to process their thoughts and emotions than women do. You may even need to come back to the issue the next day when each person has had time to think and reflect on the matter more thoroughly.

- Talk to God before you talk to each other

Spend time along praying for your marriage and for your husband before you come back to talk about the issue. When we have time spent in prayer for our husbands and for our families, we can have a completely different perspective and view our husbands the way God views them.

- Pray together before you discuss the conflict

Go before the Lord together in prayer and ask Him to give you wisdom and guidance in how to handle the issue you are facing. This is a powerful activity that reminds each of you that you are on that same team as you humble yourselves before the Lord.



- Take turns talking and do not interrupt each other

Make sure that each person has time to share their thoughts and concerns without interruption. This is a way to honor and respect each other and to give each person adequate time to share their hearts. Some couples use a soft object like a stuffed animal as an indicator of who “has the floor” and whose turn it is to speak. The person who is holding the object is the one who can speak, and when they are finished, they can give the object to the other person.

- Write down ways to resolve the conflict

Make a list together of all the ways the conflict can be settled. Get creative and think of the best possible solutions. Then narrow down your choices and select the best solution you can both agree on. If there seems to be no agreement on the best solution, ask a mentor or a pastor for advice and council as you seek the Lord to honor Him with your decisions. Use the sheet on the next page as a guide.

Date: _____



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Possible Solution:

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