



3: How To Fight Right in Your Marriage

Premarital Counseling Session #3

Pastor Josh Franklin

Hebrews 13:4 (NKJV) - Marriage is honorable among all, and the bed undefiled; but fornicators and adulterers God will judge.

One survey out of *Marriage and Divorce Magazine* said one out of every three marriages end in divorce. If the two married at a church wedding, one out of 50 end in divorce. Where both husband and wife attend church regularly, read their Bibles, and pray together, one out of 1,005 end in divorce.

Watching an ice hockey game, you see two distinctive patterns of play. Some players use their skating and puck-handling skills to finesse their way through the defensive line. They avoid conflict as much as possible. But others seem to relish conflict. In fact, they go out of their way to flatten their opponents. In the early days of a marriage, people often try to dodge conflict as much as possible. We gloss over our differences and pretend we're not hurt by disagreements. But eventually we lose control and a fight erupts. The Bible doesn't gloss over the fact that people have differences. The way of success is not to ignore the problem or to fight the other person but to work out our conflicts with mutual love and respect. In [Ephesians 4](#) we find ways to handle conflicts constructively.

Conflicts are inevitable because there are no perfect husbands or wives.

Five Wrong Ways To Resolve Conflict:

- 1. Might – Only The Strongest Survives**
- 2. Flight – Run away from the problem**
- 3. Quiet – The “Silent Treatment”**
- 4. Gripe – Complain and Whine**
- 5. Fight – Attacking one another, instead of the problem**

IN CLASS DISCUSSION - READ Ephesians 4:25-32

1. Why are both commands in [Ephes. 4:25](#) necessary?
2. What subtle forms of lying take place between husbands and wives?
3. How can we be angry and not sin ([Ephes. 4:26-27](#))?
4. Why is it better to say, "I am angry," than to say, "You made me angry!"?
5. What is the connection between how long we are angry and the likelihood of sinning?
6. In what ways can our speech benefit or harm others ([Ephes. 4:29](#))?
7. Since the command not to grieve the Spirit is placed here ([Ephes. 4:30](#)), what kinds of behavior must grieve the Spirit?
8. How do the specific positive qualities in [Ephes. 4:32](#) cancel out the negative ones in [Ephes. 4:31](#)?
9. How do you feel when your spouse treats you in the ways mentioned in [Ephes. 4:32](#)?
10. How does [Ephes. 4:32](#) answer the argument that some hurts are too terrible to forgive?
11. Most spouses argue over money, rearing children, sex, in-laws and how they divide the work at home. How would the principles in this passage change the way you handled one of these conflicts in your family?

12 Right Ways To Resolve Conflict:

1. Attack the problem – never the person.
2. Try to understand yourself

3. Talk it out
4. Learn to forgive and forget
5. If things are really bad, schedule a “fuss day” (postpone fighting until ‘fuss day’. Time gives you more perspective, and many trivial matters postponed are forgotten)
6. Be patient
7. Don’t drop the bomb
8. Seek godly counsel
9. Let not the sun go down upon your wrath (Eph 4:6) – Never go to sleep angry!!!
10. Inject some humor in your situation
11. Always use the channel of prayer
12. Throw away the parachute (in conflict – never use divorce, other women, separation, etc,...)

Other Suggestions:

1. Beware of “GUILTING” (where you try to make the other feel guilty) – “What have you done?!”
2. Don’t make mountains out of molehills.
3. Sometimes you have to learn to just smile, and do nothing else. Is this molehill something that I am going to attack? In everything there is a timing issue.
4. Don’t hit below the belt.
5. Avoid exaggeration.
6. Avoid character exaggeration.
7. Sometimes you have to agree to disagree.
8. Compromise (in terms of marriage and family)

Make Your Marriage Divorce Proof

- Enter Life Long Covenant
- Engage in Loving Communication. Avg. couple talks 37 minutes a week out of 10,000 minutes. Dialogue daily and date weekly
- Engage in Loyal Communication
- Read the Bible together, pray together, and go to Church together (remember the introduction from weeks past)