

## 5 RESOLUTION OF CONFLICT PROCESS

### 1. Confess your sin to God. (1 John 1.9)

#### Repent. (Proverbs 28.13)

1 John 1:9<sup>9</sup>If we confess our sins, He is faithful and righteous to forgive our sins and to cleanse us from all unrighteousness.

Proverbs 28:13<sup>13</sup>He who conceals his transgressions will not prosper, But who confesses and forsakes *them* will find compassion.

Confess (homologeō) means to agree with God, to say the same thing as He does. He hates sin, it is against who He is. To agree with Him is to agree with it; to repent is to say, "I'm turning and going the other direction." To repent is to remain in prayer until it can honestly be said, "Lord, I do not sin against You in this way again."

To confess sin and repent does not include justifying sin or excusing people who wrongly think that circumstances were too hard, that many people in the same way, that it didn't really hurt anything or that the one sin against deserved it. These ideas oppose the honor of a Holy God.

### 2. Pray, giving thanks for your spouse and for these circumstances (1

#### Thes. 5.18).

#### Pray for strength to love fervently (1 Peter 1.22)

1 Thessalonians 5:18<sup>18</sup>in everything give thanks; for this is God's will in Christ Jesus.

1 Peter 1:22<sup>22</sup>Since you have in obedience to the truth purified your souls for a sincere love of the brethren, fervently love one another from the heart.

Things about my spouse for which I am thankful:

My request for God's strength to love fervently:

**3. Confess your sin to your spouse; ask them to forgive you. (Matthew 5.23-24, James 5.16)**

Matthew 5:23-24 <sup>23</sup>Therefore if you are presenting your offering at the altar and there remember that your brother has something againstly ~~you~~ <sup>24</sup>leave your offering there before the altar and go; first be reconciled to your brother and then come and present your offering.

James 5:16 <sup>16</sup>Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous person can accomplish much.

Even if your view of what happened is that your sin was 10% of the problem and your spouse's sin was 90% of the problem, resolving conflicts God's way is to take responsibility for your own sin and deal with it biblically our own sin as God does, obeying Him by doing our part (confessing it and asking forgiveness) is more important than the pride of waiting for the other person to ask you for forgiveness.

The topic of this conversation is your own sin, not your spouse's. Keep focus on your sin. Explain what you did or said and why it was wrong according to the Word. Include saying what you should have done. Let your mate know you have confessed your sin to God and repented of it. If the same thing happens tomorrow you will not sin in the same way against them. Finally ask their forgiveness. This puts the ball in their court. Wait for their response. Either way, you have done your part to honor God. Humbling yourself for God's glory pleases Him and resolves conflicts.

**4. Forgive any sin by them against you (if they asked: Ephesians 4.32/if not: 1 Cor. 13.5).**

Ephesians 4:32 <sup>32</sup>Be kind to one another tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

1 Corinthians 13:5 love <sup>5</sup>does not act unbecomingly; it does not seek its own, is not provoked, does not take into account ~~itself~~ <sup>suffering</sup>

Forgiving as God in Christ has forgiven you means:

I will not hold this ~~sin~~ <sup>against</sup> my spouse

I will not bring it up against them in the future

I will not speak about it to others

I will not think about my pain or their sin again  
Strategies to avoid the temptation to replay the sins and harsh conversations  
against you in your mind:

Remember God's gracious forgiveness of your own sin

Know that Christ's blood paid for their sin against you (if they are  
believer; if not, know that such times are great opportunities to be  
example of God's kind of love and forgiveness)

Think of all the things you are thankful for in your partner

Think of ways you can show love the rest of this day, to show you have  
forgive as God does.

#### **5. Love, care, give (Phil. 2.3, Ro. 14.19, 1 Peter 4.8).**

Philippians 2:3-4 Do <sup>3</sup>nothing from selfishness or empty conceit, but with  
humility of mind regard one another as more important than yourselves;  
Romans 14:19 <sup>19</sup>So then we pursue the things which make for peace and the  
building up of one another.

1 Peter 4:8 <sup>8</sup>Above all, keep fervent in your love for one another, because  
love covers a multitude of sins.

See Appendix 1: Hope From God's Word

See Appendix 6: Sin / Forgiveness Journal

## 5 BALANCING PHYSICAL AND SPIRITUAL SERVICE

### Husband

Physical	Spiritual
<p><b>1 Timothy 5:8</b>  <sup>8</sup>But if anyone does not provide for his own, and especially for those in his household, he has denied the faith and is worse than an unbeliever.</p> <p><b>1 Peter 3:7</b>  <sup>7</sup>You husbands in the same way, love your wives in an understanding way, as with someone weaker, since she is a woman; and show her honor as a fellow heir of the grace of life, that your prayers will not be hindered.</p> <p><b>1 Thessalonians 4:11-12</b>  <sup>11</sup>and to make it your ambition to lead a quiet life and attend to your own business and work with your hands, just as we commanded you, <sup>12</sup>so that you will behave properly toward outsiders and not be in any need.</p> <p><b>2 Thessalonians 3:10-12</b>  <sup>10</sup>For even when we were with you, we used to give you this order: if anyone is not willing to work, then he is not to eat, either. <sup>11</sup>For we hear that some among you are leading an undisciplined life, doing no work at all, but acting like busybodies. <sup>12</sup>Now such persons we command and exhort in the Lord Jesus Christ to work in quiet fashion and eat their own bread.</p>	<p><b>Ephesians 5:26-27</b>  <sup>26</sup>so that He might sanctify her, having cleansed her by the washing of water with the word, <sup>27</sup>that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she would be holy and blameless.</p> <p><b>Proverbs 10:9</b>  <sup>9</sup>He who walks in integrity walks securely, But he who perverts his ways will be found out.</p> <p><b>Proverbs 13:20</b>  <sup>20</sup>He who walks with wise men will be wise, But the companion of fools will suffer harm.</p> <p><b>Proverbs 14:16</b>  <sup>16</sup>A wise man is cautious and turns away from evil, But a fool is arrogant and careless.</p> <p><b>Proverbs 15:18</b>  <sup>18</sup>A hot-tempered man stirs up strife, But the slow to anger calms a dispute.</p> <p><b>Proverbs 17:17</b>  <sup>17</sup>A friend loves at all times, And a brother is born for adversity.</p> <p><b>Proverbs 22:24-25</b>  <sup>24</sup>Do not associate with a man given to anger; Or go with a hot-tempered man,</p>

**1 Timothy 3:12**

<sup>12</sup>Deacons must be husbands *only*  
one wife, *and* good managers of *their*  
children and their own households.

<sup>25</sup>Or you will learn his ways  
And find a snare for yourself.

## Wife

Physical	Spiritual
<p><b>1 Timothy 2:9-10</b>  <sup>9</sup>Likewise, <i>I want</i> women to adorn themselves with proper clothing, modestly and discreetly, not with braided hair and gold or pearls or garments, <sup>10</sup>but rather by means of good works, as is proper for women making a claim to godliness.</p> <p><b>Titus 2:3-5</b>  <sup>3</sup>Older women likewise are to be reverent in their behavior, not malicious gossips nor enslaved to much wine, teaching what is good, <sup>4</sup>so that they may encourage the young women to love their husbands, to love their children <sup>5</sup>to be sensible, pure, workers at home, kind, being subject to their own husbands, so that the word of God will not be dishonored.</p> <p><b>Proverbs 14:1</b>  <sup>1</sup>The wise woman builds her house, But the foolish tears it down with her hands.</p> <p><b>Proverbs 19:14</b>  <sup>14</sup>House and wealth are an inheritance from fathers, But a prudent wife is from the LORD.</p> <p><b>Proverbs 31:15</b>  <sup>15</sup>She rises also while it is still night gives food to her household And portions to her maidens.</p> <p><b>Proverbs 31:17</b>  <sup>17</sup>She girds herself with strength And makes her arms strong.</p>	<p><b>1 Timothy 3:11</b>  <sup>11</sup>Women <i>must</i> likewise be dignified, not malicious gossips, but temperate, faithful in all things.</p> <p><b>1 Peter 3:2-6</b>  <sup>2</sup>as they observe your chaste and respectful behavior <sup>3</sup>Your adornment must not be <i>merely</i> external <sup>4</sup>braiding the hair, and wearing gold jewelry, or putting on dresses; <sup>5</sup>but <i>let it be</i> the hidden person of the heart, with the imperishable quality of a gentle and quiet spirit, which is precious in the sight of <sup>6</sup>God. in this way in former times the holy women also, who hoped in God, used to adorn themselves, being submissive to their own husbands; <sup>7</sup>just as Sarah obeyed Abraham, calling him lord, and you have become her children if you do what is right without being frightened by any fear.</p> <p><b>Ephesians 5:22</b>  <sup>22</sup>Wives, <i>be subject</i> to your own husbands, as to the Lord.</p> <p><b>Proverbs 21:9</b>  <sup>9</sup>It is better to live in a corner of a house Than in a house shared with a contentious woman.</p> <p><b>Proverbs 31:11-12</b>  <sup>11</sup>The heart of her husband trusts in her, And he will have no lack of gain. <sup>12</sup>She does him good and not evil All the days of her life.</p>

<p><b>Proverbs 31:18</b>  <sup>18</sup>She senses that her gain is good; her lamp does not go out at night.</p> <p><b>Proverbs 31:25</b>  <sup>25</sup>Strength and dignity are her clothing, and she smiles at the future.</p>	<p><b>Proverbs 31:28-29</b>  <sup>28</sup>Her children rise up and bless her; Her husband <i>also</i>, and he praises her, saying: <sup>29</sup>“Many daughters have done nobly, But you excel them all.”</p> <p><b>Proverbs 31:30</b>  <sup>30</sup>Charm is deceitful and beauty is vain; <i>But</i> a woman who fears the LORD, she shall be praised.</p>
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