

Message Notes

Series: Marriage Keepers

Message: *Conflict Resolution*

Messenger: Pastor Keith

Date: November 17, 2024

Text: James 1.19-20 (NKJV)



Objective: to teach how to resolve conflicts in your marriage.

1. What are problems considered in marriage? Explain why.

2. Define conflict resolution. Are you good at solving conflicts? Why?

3. Name three reasons conflicts that are hard to solve in marriage:

- a) _____
- b) _____
- c) _____

4. Explain how meeting God first helps you before confronting your spouse about an issue in your marriage (Psalms 139.23-24):

5. Name three benefits of Psalms 139.23-24:

- a) _____
- b) _____
- c) _____

6. Name three points of effective communication: James 1.19

- a) _____
- b) _____
- c) _____

7. Name three things anger causes in a conflict:

- a) **Fight** – you retaliate with accusations
- b) _____
- c) **Fold** – you no longer hear

8. Name the steps of how to pursue clarity:

- a) **Repeat** to them what you hear them saying
- b) **Tell them** how you receive what they are saying
- c) **Ask them** is that what they mean by what they are saying
- d) _____ by sharing solution once there is clarity

9. What is effective counseling?
