



MESSAGE NOTES

February 21, 2010

Week 3

Sleeping With the Enemy: Coping with Conflict

Has your marriage gone from dating to debating? From a big deal to an ordeal? All of us want to have happy homes but when we add another person into our life, we must juggle two people's wants and desires and that's not easy. There are times in all of our marriages where it feels like we are "Sleeping with the Enemy." So, as we continue our series let's learn how to better cope with conflict.

**I. RECOGNIZE ALL MARRIAGES HAVE CONFLICT:**

- A. All couples fight!
- B. The question is: How do you fight?
  - 1. Couples who fight dirty press for a \_\_\_\_\_.
  - 2. Couples who fight clean press for a \_\_\_\_\_.
- C. Marriages without conflict are \_\_\_\_\_. Proverbs 4:14

**II. RESPONDING TO CONFLICT:**

- A. Do not react = reenact what your mate did. Romans 12:17
  - 1. \_\_\_\_\_ reaction.
  - 2. \_\_\_\_\_ reaction.
- B. You can't change your mate!

**III. RULES OF ENGAGEMENT: (The I's have it!)**

- A. \_\_\_\_\_ the problem.
  - 1. State it out loud to each other.
  - 2. Ask: Who has the greatest need for a solution?
- B. \_\_\_\_\_ about the problem.
  - 1. Five ways to talk:
  - 2. Five ways to listen:
- C. \_\_\_\_\_ for each other.
  - Be \_\_\_\_\_ to forgive. Psalm 86:5

**SCRIPTURE TEXT**

**Romans 12:17**

"Do not mistreat someone just because they have mistreated you." (Today's English Version)

**Psalm 86:5**

"O Lord, you are so good and kind, so ready to forgive, so full of mercy...." (The Living Bible)