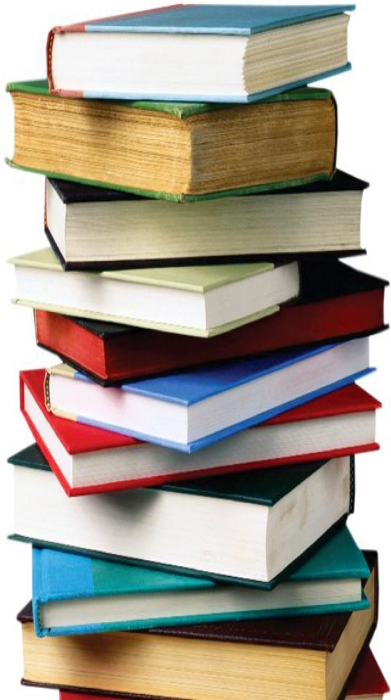


Books used for Session 1: Hope for the Wounded Marriage



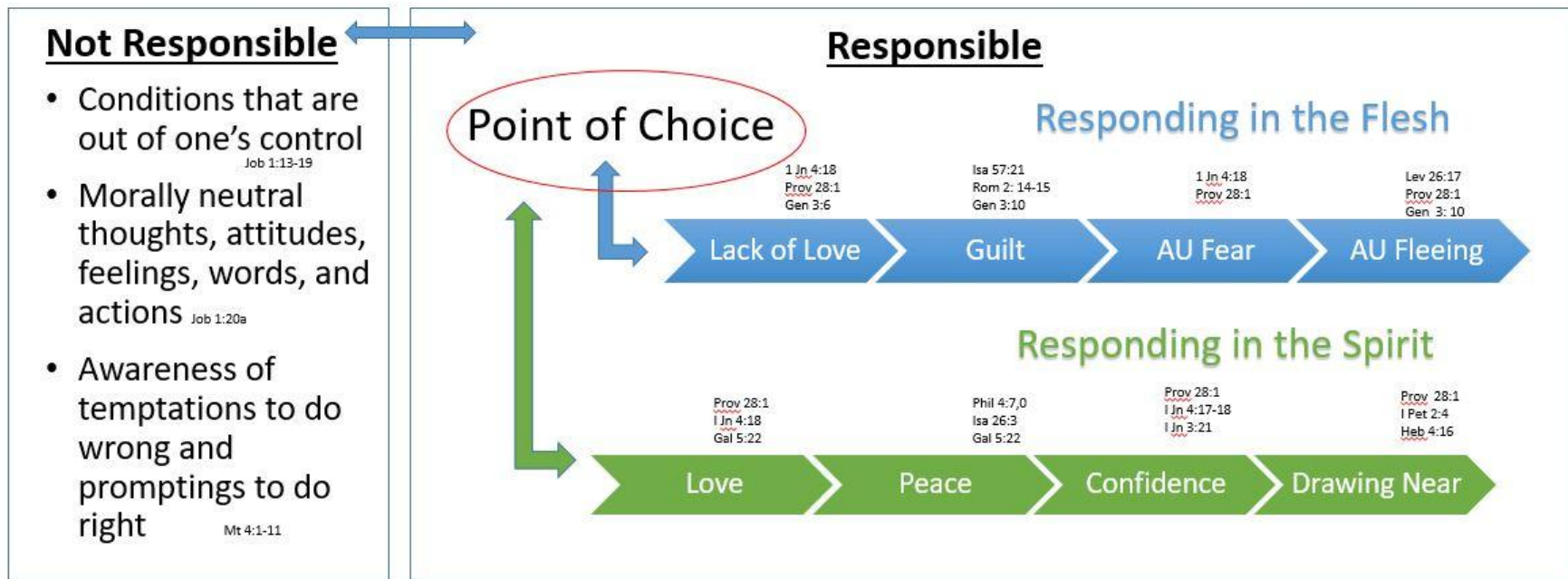
The Heart of Man by Rich Thomson

Lies Women Believe by Nancy Demoss Wolgemuth

The Peacemaker by Ken Sande

When you feel like walking away by Gary Chapman

Biblical Framework: Inner Workings Of The Human Heart



Not Responsible

Responsible:

Root Unloving
Attitude



Sense of Guilt



Apparently
Uncaused Fear



Apparently
Uncaused Fleeing

- Irritability
- Anger
- Resentment
- Jealousy
- Unforgiveness
- Bitterness
- Desire to Control
- Arrogance
- Selfishness
- Hopelessness
- Discontentment
- Immorality

- Down on Self
- Shame
- Self-reproach
- Accusing thoughts

- Anxiety
- Hypersensitive
- Insecurity
- Instability
- Nervousness
- Erratic behavior
- Feeling like one is going crazy
- Over-dependent

Possible Negative Physical Effects

(when not physically caused)

- Racing heart
- Ulcers
- Stomach issues
- Sleeplessness
- Restlessness
- Impotency/Frigidity

- Binge watching Netflix
- Binge drinking
- Shopaholic
- Social Withdrawal
- Workaholic
- Avoidance
- Legalism
- Adultery
- Justification
- Criticizing others
- Pornography
- Obsessive/Compulsive Behaviors

Ways we Respond to Conflict:

1. **Escape:** Avoiding a person/topic, ending a relationship, escaping from a conflict
2. **Attack :** Verbal attacks, Slander, Respond in Anger, litigation
3. **Peacemaking: (Empowered by the Holy Spirit)**

Overlook the offense (Proverbs 19:11)

Reconcile (Matthew 5:23-24) (Colossians 3: 13)

4. **Assisted Peacemaking**

Seek Mediation or Counseling

Responding to Conflict in the Spirit



Conflict provides an opportunity to glorify God.



We can bring him praise and honor by showing who he is, what he is, and what he is doing.

Ken Sande, the author of *Peacemaker*, points out that the best way to glorify God in the midst of conflict is to depend on and draw attention to his grace, the undeserved love we ALL receive, his mercy, forgiveness, strength, and wisdom he gives us through Jesus Christ.



Biblical Responses to Conflict:

1. Trust God

Trust that His ways are better than man's way. Trust him and follow even when you feel like doing the opposite. (Proverbs 3:5-7)

2. Obey God

If you want to honor Jesus then obey his commands.

(John 14:15-17)¹⁵ "If you love me, you will keep my commandments. ¹⁶ And I will ask the Father, and he will give you another Helper (**Advocate/Counselor**) to be with you forever, ¹⁷ even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you.

(James 1:22-25)²² But be doers of the word, and not hearers only, deceiving yourselves. ²³ For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. ²⁴ For he looks at himself and goes away and at once forgets what he was like. ²⁵ But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.

Tools to help your husband: Godliness

God can use his wife's godly acts to create conviction in her husband's life
(1 Peter 3:1-4)

3 Likewise, wives, be subject to your own husbands, so that even if some do not obey the word, they may be won without a word by the conduct of their wives, **2** when they see your respectful and pure conduct. **3** Do not let your adorning be external—the braiding of hair and the putting on of gold jewelry, or the clothing you wear— **4** but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious.

Be the Sanctifying Agent in his life

1. Tell your husband what is on your heart. Be Clear. Do not get caught up in previous quarrels.
2. Avoid using extremes (always and never)
3. Point him towards his conscience (Framework)
4. Focus on Restoration and Sanctification more than “being right”.
5. Share your heart...give it to God. Only God can do a work in your husband's heart.

Tools to help your husband: Prayer

Take your concerns to the *only one* that can change your husband.

Determine to pray for *your* husband instead of praying *about* your husband.

Romans 8:26 In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for *us* with groanings too deep for words

3. Imitate God

Ephesians 5:1-2 Therefore be imitators of God, as beloved children. ²And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

Phil 1:9-11 And it is my prayer that your love may abound more and more, with knowledge and all discernment, ¹⁰so that you may approve what is excellent, and so be pure and blameless for the day of Christ, ¹¹filled with the **fruit of righteousness** that comes through Jesus Christ, to the glory and praise of God.

Galatians 5:22-23

Love

Joy

Peace

Patience

Kindness

Goodness

Faithfulness

Gentleness

Self-Control

Imitate Christ: Be Compassionate and Merciful

“Some people resist overlooking offenses bc doing so wouldn’t be just to let them off so easily. Ask yourself, “Where would you spend eternity if God administered justice that was not tempered with mercy?” -Ken Sande

” **Luke 6:36** Be merciful, even as your Father is merciful.

“There are times when it’s proper to assert rights, as well as times when we should willingly lay them aside. How can you know when to do which? Paul’s first letter to the Corinthians provides a guide.” -Ken Sande

1 Cor 10:31 So, whether you eat or drink, or whatever you do, do all to the glory of God. **32** Give no offense to Jews or to Greeks or to the church of God, **33** just as I try to please everyone in everything I do, not seeking my own advantage, but that of many, that they may be saved. **11** Be imitators of me, as I am of Christ.