First Comes Love: Then Comes Marriage Part 2
1/29/23

Bible Reference:
James 1:19

3 tools for managing conflict well

1. Be quick to _____.
   - I'm listening well when…
     - I shut my _____and open my ears.
     - My focus and energy are directed towards _____ what you're saying instead of forming my _____.
     - I genuinely want to understand your _____ and your _____even if I don't agree with them.

2. Be slow to _____.
   - Proverbs 15:28
   - Wise people ask 3 questions before they speak.
     - _____ I say it?
     - _____ should I say it?
     - _____ should I say it?
   - Proverbs 12:18

3. Be slow to become _____.
   - Proverbs 29:11
   - Ephesians 4:26
   - Psalm 4:4

Reflection Questions:

1. Can you think of a time where you witnessed conflict navigated poorly or well in someone else's relationship?
2. Read James 1:19.
3. Why does James tell us to be quick to listen?
4. What does good listening look like?
5. Do you listen to your spouse as well as you want to be listened to by your spouse?
6. What do you need to do in order to listen better?
7. Why does James tell us to be slow to speak?
8. How well are you doing at asking:
   - _____ I say it?
   - _____ should I say it?
   - _____ should I say it?
9. Why does James tell us to be slow to become angry?
10. Read Proverbs 29:11. Where have you seen this verse in action in a relationship?
11. "In your anger, do not sin: Do not let the sun go down while you are still angry." (Ephesians 4:26 NIV) "Don't sin by letting anger control you. Think about it overnight and remain silent." (Psalm 4:4 NLT) What were your thoughts on the "time out" advice discussed Sunday?

* *A Lasting Promise: A Christian Guide to Fighting for Your Marriage*
https://www.amazon.com/Lasting-Promise-Christian-Fighting-Marriage/dp/1118672925/ref=sr_1_1?crid=1CLQ2H2HBBQVR&keywords=a+lasting+promise+scott+stanley&qid=1674586870&sprefix=a+lasting+p%2Caps%2C138&sr=8-1