

COLLISION

Steering Clear of Collisions in Marriage:
Communication & Conflict

Ephesians 4:25-32

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When we operate within the parameters of God, we can steer clear of relational collisions.

Good couples are not couples who never fight. Good couples are couples who have learned to fight fair.

The origin of conflict is unmet desires and sin.

James 4:1-2, "1 What causes fights and quarrels among you? Don't they come from your desires that battle within you? 2 You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God." (NIV)

Genesis 3:16, "To the woman he said, '...Your desire will be for your husband, and he will rule over you.'" (NIV)

The natural result of sin was that she would try to manipulate him to get what she wanted and he would try to dominate her to get what he wanted.

■ **Fighting Fair Preparation: If I am reconciled and have peace with God, then I will have the capacity to be reconciled and have peace with others.**

Ephesians 2:13-14, 16, "13 But now in Christ Jesus you who once were far away have been brought near by the blood of Christ. 14 For he himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility.... 16 and in one body to reconcile both of them to God through the cross, by which he put to death their hostility." (NIV)

■ **Fighting Fair Plan: Ground Rules for Fighting Jesus Style**

■ **Keep it real.** (25)

Ephesians 4:25, "Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body." (NIV)

Action	Interpretation	Emotion	Aspiration
When you _____...	what I make up about that is _____...	and it makes me feel _____.	What I need is _____.

Ephesians 4:26-32, "26 'In your anger do not sin': Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold.... 29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." (NIV)

■ **Keep it under control.** (26)

Proverbs 15:1, "A gentle answer will calm a person's anger, but an unkind answer will cause more anger." (NCV)

■ **Keep it timely.** (26-27)

Hebrews 12:15, "See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many." (NIV)

■ **Keep it helpful.** (29-31)

Ephesians 4:14-15, "14 Then we will no longer be infants... 15 Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ." (NIV)

■ **Keep it focused on reconciliation.** (32)

Reconciliation: to reestablish the relationship.

Resolution: to resolve every issue.

2 Corinthians 5:18, "...God...reconciled us to himself through Christ and gave us the ministry of reconciliation." (NIV)

Focusing on reconciliation buys us time to address issues that are causing trouble. We might need outside help.

The Gospel reminds me that I am *first* a sinner, and *second* a person sinned against. I must forgive.

I will commit to fighting fair.