

Water Runs Dry

Song today was “water runs dry” because the lyrics are where so many people are or end up giving up because they never worked things out. Today we wanted to come talk to you guys about conflict resolution, communication and how to work through some things.

Romans 12:18 - *If possible, so far as it depends on you, live peaceably with all*

You can't change the past, but you can start now and change the future.

1 Corinthians 7:28 NIV - *But those who marry will face many troubles in this life*

THE F5 TORNADO OF MARRIAGE

FRUSTRATION

This is where most arguments, “discussions” whatever you want to call it start.

Every storm starts with frustration. And it doesn't always have to do with the other person... sometimes it's just something going on in your life that sets you off. Job, kids, money etc.

What stops us from moving to the next step is “Communication” - Communication is one of the biggest problems in all relationships

FALSE ASSUMPTIONS

This is one of the biggest problems in relationships and communication. The frustration isn't the problem. That's normal. It's what happens when we are frustrated that sets things off.

We can also make false assumptions about intentions. *That the other person intends to harm, intends to hurt or intends to undermine their opinion or authority.*

FIGHTING

- *Recognize disagreements are a part of life.*
- **Healthy conflict leads to healthy relationships.**
- *Agree on some rules for your disagreements to come to a healthy result.*

THE LIST OF NEVER'S

- **IN PUBLIC**
- **IN FRONT OF KIDS**
- **IN BED**
- **PHYSICAL**
- **YELL**
- **SHUT DOWN**
- **GO TO BED ANGRY**

Ephesians 4:26-27 - *26 Be angry and do not sin; do not let the sun go down on your anger, 27 and give no opportunity to the devil.*

Jimmy Evans - *You let the devil counsel you when you go to sleep angry at your spouse.*

WATCH YOUR WORDS

Words are powerful. Life and death are in the power of the tongue...so we must realize we are going to be accountable for our words.

- **Matthew 12:36** - 36 *"I tell you, on the day of judgment people will give account for **every careless word they speak***

Don't Name Call
Don't Bring Up Past
Don't Use always and never

"It's not just WHAT you say, it's HOW you say it."

Proverbs 15:1 NLT - *A gentle answer deflects anger, but harsh words make tempers flare.*

Don't use the word divorce...even as a threat.

FATIGUE

When we don't "fight well" or come to a resolution...we get fatigued. We get tired.

DON'T MAKE RELATIONSHIP DECISIONS WHEN YOU ARE TIRED

FANTASIZING

Fantasizing is a method of escape so you don't have to deal with things.

*If you truly want to work things out and get off this cycle...use the tools we talked about but the truth is...it's going to take **Humility**.*

PRIDE KILLS RELATIONSHIPS. HUMILITY HEALS RELATIONSHIPS.

It doesn't matter who is right, it matters what is right now.

CHOOSE TO FORGIVE

It's a choice that brings healing. - You will not feel like forgiving...you give it even if they don't ask. - When you release them of their debt...it releases you.

Colossians 3:13 NLT - 13 *Make allowance for each other's faults, and forgive anyone who offends you. **Remember, the Lord forgave you, so you must forgive others.***

The way to keep your heart from getting hard in a relationship is to choose to forgive.