

sermon notes

Pastor Tony Caffey, VBVF | Marriage and Our Maker
March 13, 2024 | “Marriage and Conflict Resolution”

Six Rules of Engagement for Marital Conflict:

1. When your spouse offends you, don't _____ in anger
(Prov 10:12; 12:16; 15:17-18)
2. When your spouse wrongs you, don't _____
(Prov 25:21-22; Ps 4:4; Rom 12:17-21; 1 Pet 2:23)
3. You and your spouse must _____ to _____
(Eph 4:26; Prov 15:1; 25:15)
4. When you hurt your spouse, you _____
(Prov 14:9; 21:29; 28:13; Matt 23:12; Jas 4:6)
5. When your spouse hurts you, you _____
(Prov 19:11; Matt 18:21-35)
6. As you and your spouse conflict, you've got to be willing to _____
(Prov 26:11)

Questions for further application of God's Word:

GO DEEPER

Reread the six “Rules of Engagement” above with the accompanying Scriptures. Why are these principles so important to a healthy marriage? Which one is the most important? Which one do you personally struggle with the most?

Why is forgiveness so important in marriage? Some have said that there are no lasting relationships without forgiveness. Is that true or untrue? What are some examples of the power of forgiveness both inside and outside of Scripture? How about in your own life? Give also some examples of the negative power of unforgiveness.

Why is peace in the home so important? What happens when couples care more about “winning an argument” or being right then establishing peace?

GET PERSONAL

Tommy Nelson gives the following list of 17 things that you should never do in marriage. Read through these:

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| 1. Don't raise your voice at your mate | 10. Don't use the kids as jury in a debate |
| 2. Don't put your hands on your mate | 11. Don't argue in front of the kids |
| 3. Don't call your mate names | 12. Don't talk down your in-laws |
| 4. Don't storm out in a conflict | 13. Don't get sarcastic |
| 5. Don't give the silent treatment | 14. Don't talk negatively outside the home |
| 6. Don't get “historical” | 15. Don't use sex as a punishment |
| 7. Don't give excuses | 16. Don't fail to listen by body language |
| 8. Don't counter-accuse in a conflict | 17. Don't harden yourself and refuse to change |
| 9. Don't interrupt your mate in a conflict | |

For more on this see the following “Theology in Action” podcast with Tony and Sanja Caffey: <https://www.youtube.com/watch?v=ANEykGEIVxY>

Why are these seventeen behaviors so devastating for a marriage? Which one, if neglected, is the most destructive? Which one(s) do you personally need to work on?

PUT IT INTO PRACTICE

Why do apologies need to be followed up by a change in behavior? What results in a marriage if a spouse is willing to apologize but not change? How do we balance the need for grace and forgiveness with the godly expectation that we grow and mature as Christians (see Rom 12:1-2)?

ADVANCED QUESTION

What are some lies that men and women believe about their spouses? What about marriage? Read the following article by Dave Harvey on “Three Lies that Separate Spouses: <https://www.desiringgod.org/articles/three-lies-that-separate-spouses> Have you ever believed these lies? How do you battle these in your life and in your marriage?