



THE MARRIAGE DANCE

*Bumps*

*and Bruises*

# Bumps and Bruises

## Conflict Is Inevitable

Ephesians 4:2-27 (NIV 84)

*“In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold*

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# Bumps and Bruises

## Conflict Is Inevitable

We're different... selfish... we have unmet needs

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# Bumps and Bruises

*Conflict Is an Opportunity for Intimacy*

1 Corinthians 13:5 (NIV 84, emphasis added)

*[Love] It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs*

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# Bumps and Bruises

## Conflict Must Be Defused

Matthew 5:23-24 (NIV 84)

*Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift*

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# Bumps and Bruises

## Conflict Must Be Defused

1 Peter 3:7 (NIV 84)

*Husbands, in the same way be considerate as you live with your wives, and treat them with respect as the weaker partner... so that nothing will hinder your prayers*

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# *Bumps and Bruises*

## *Conflict Must Be Defused*

D: Discern the source

James 4:1 (NIV 84)

*What causes fights and quarrels among you?  
Don't they come from your desires that battle  
within you?*

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# Bumps and Bruises

## Conflict Must Be Defused

D: Discern the source

E: Engage in respectful communication

Ephesians 4:29 (NIV 84)

*Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up...*

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# Bumps and Bruises

## Conflict Must Be Defused

D: Discern the source

E: Engage in respectful communication

F: Focus on the problem (not the past / person)

Proverbs 17:17 (NIV 84, emphasis added)

*A friend loves at all times, and a brother is born for adversity.*

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# Bumps and Bruises

## Conflict Must Be Defused

D: Discern the source

E: Engage in respectful communication

F: Focus on the problem (not the past / person)

U: Understand their feelings

Philippians 2:1-4 (NIV 84, emphasis added)

*“... make my joy complete by being like-minded,  
having the same love... in humility  
consider others better than yourselves.”*

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# Bumps and Bruises

## Conflict Must Be Defused

D: Discern the source

E: Engage in respectful communication

F: Focus on the problem (not the past / person)

U: Understand their feelings

S: Set thing right

Ephesians 4:32 (NIV 84)

*Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

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# Bumps and Bruises

## Conflict Must Be Defused

D: Discern the source

E: Engage in respectful communication

F: Focus on the problem (not the past / person)

U: Understand their feelings

S: Set thing right

E: Establish a plan of resolution

Romans 14:19 (NIV 84)

*Let us therefore make every effort to  
do what leads to peace*

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# *10 Commandments for Conflict*

I. Thou shalt choose the proper time

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# *10 Commandments for Conflict*

I. Thou shalt choose the proper time

II. Thou shalt not exhibit rude behavior

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# *10 Commandments for Conflict*

- I. Thou shalt choose the proper time
- II. Thou shalt not exhibit rude behavior
- III. Thou shalt not use 100% statements

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# *10 Commandments for Conflict*

- I. Thou shalt choose the proper time
- II. Thou shalt not exhibit rude behavior
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- IV. Thou shalt not use “you” statements

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- III. Thou shalt not use 100% statements
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- V. Thou shalt not use power statements
- VI. Thou shalt deal with one issue at a time

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- I. Thou shalt choose the proper time
- II. Thou shalt not exhibit rude behavior
- III. Thou shalt not use 100% statements
- IV. Thou shalt not use “you” statements
- V. Thou shalt not use power statements
- VI. Thou shalt deal with one issue at a time
- VII. Thou shalt listen with your whole body

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II. Thou shalt not exhibit rude behavior

III. Thou shalt not use 100% statements

IV. Thou shalt not use “you” statements

V. Thou shalt not use power statements

VI. Thou shalt deal with one issue at a time

VII. Thou shalt listen with your whole body

VIII. Thou shalt validate your spouse's feelings

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IX. Thou shalt give and receive forgiveness

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X. Thou shalt not “win”

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