



FACILITATOR

MARRIED
EDITION
WEEK FOUR - FIGHTING FAIR

WELCOME EVERYONE & OPEN IN PRAYER (2 MINUTES)

Today is a little different as we are going to talk just a little about conflict and then we are going to take a small conflict to work through as couples. Open in prayer and ask for a posture of humility and grace.

→ CONFLICT

How does a molehill become a mountain?

When we don't know how to fight fair, and when we have faulty expectations that we will never fight or disagree.

Marriages that go the distance know how to resolve conflict.

It's inevitable every couple will disagree. How we disagree and how we handle conflict will make a huge difference in the health of the marriage relationship.

In the handout there is a guide for 10 Steps To Conflict Resolution. Before having every couple go through the steps, take a moment and go through it with your spouse to show them an example.

Have everyone walk through the steps. Encourage them to talk about a simple, but annoying conflict. Don't try to resolve a hot button type of conflict right now, just look at something that won't make their blood boil (i.e. taking the trash out).

→ 10 STEPS TO CONFLICT RESOLUTION (20 MINUTES)

(See the handout for all of the steps.)

DEBRIEF ON THE CONFLICT RESOLUTION & THEN PRAY

This method can be clunky because conflict isn't smooth, but learning something new will be like that. This is a great tool to have for future conflicts.