

How to Stop Your Cycle of Fighting

➤ Our Core Needs

1. What are they?

(1) For men: Feeling _____, feeling successful, not feeling controlled

(2) For women: Feeling _____, feeling secure, feeling connected

2. Where do they come from?

(1) From the way we're _____

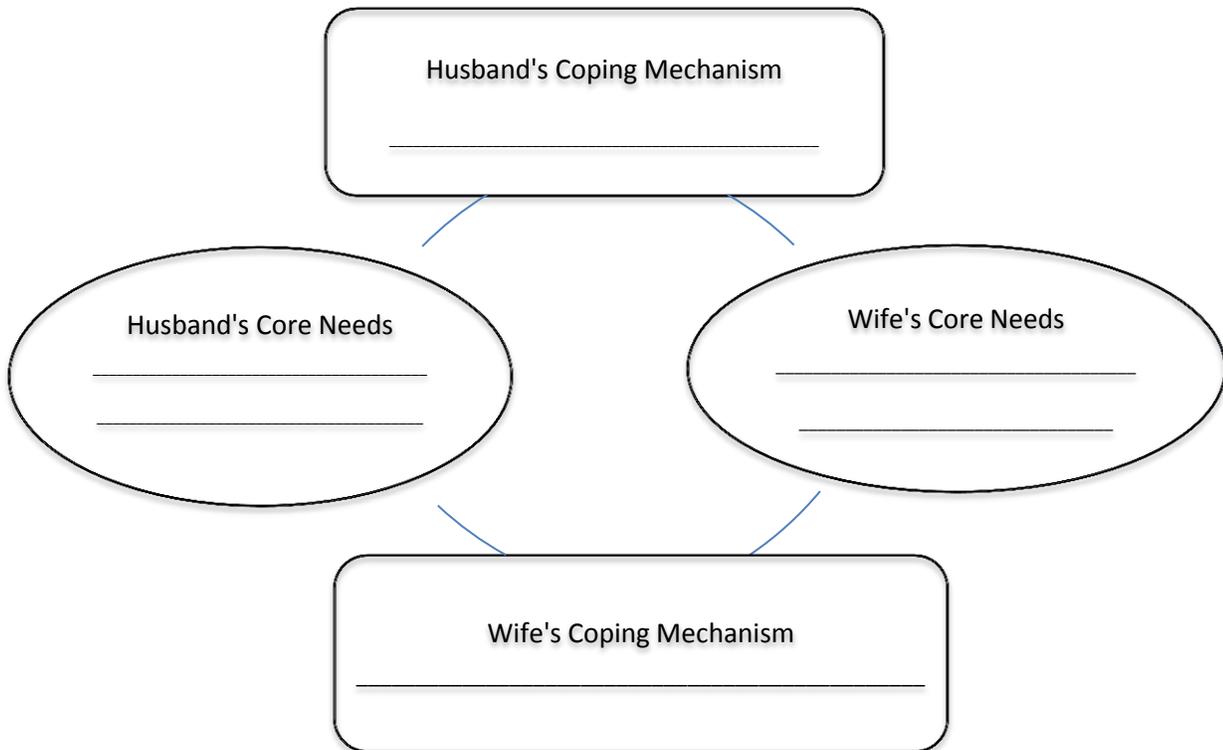
However, each one of you also must love his wife as he loves himself, and the wife must respect her husband. (Eph 5:33)

(2) From lies written on our _____

The good person out of the good treasure of his heart produces good, and the evil person out of the evil treasure produces evil, for out of the abundance of the heart his mouth speaks. (Luke 6:45)

The heart is deceitful above all things and beyond cure. Who can understand it? I the LORD search the heart and examine the mind, to reward a man according to his conduct, according to what his deeds deserve. (Jer 17:9-10)

➤ How the Conflict Cycle Works



➤ How to Break the Conflict Cycle

1. Give your mate _____ to be angry

Do not be quickly provoked in your spirit, for anger resides in the lap of fools. (Eccl 7:9)

2. Don't become _____ just because your mate is angry.

Everyone should be quick to listen, slow to speak and slow to become angry. (James 1:19)

3. Identify YOUR behavior that _____ to the conflict.

He who gets wisdom loves his own soul; he who cherishes understanding prospers. (Prov 19:8)

4. Take a good look at your _____ .

Peacemakers who sow in peace raise a harvest of righteousness. (James 3:18)

Remember Ephesians 5:33? Love and respect are _____.

➤ Conclusion

➤ Couple Sharing

- (1) Can you think of any lies you were told about yourself growing up?
- (2) Talk together about what each of you think your core needs are and why they are so important to you.
- (3) Identify your coping mechanism – not your mate's.
- (4) Which step in breaking your conflict cycle are you going to concentrate on first?

Remember, Jesus is right there with you as you two talk about how you are going to stop the conflict cycle in your relationship. He is ready, willing, and able to help you obey Him and learn to be peacemakers who sow in peace.