

A Cure for Power Struggles

1. What are Power Struggles?

1) Power = _____ Struggle = _____

2) Power Struggle = The _____ for _____!

What causes fights and quarrels among you? Don't they come from your desires that battle within you? You want something but don't get it.... (James 4:1-2a).

Power struggles make you work **really hard** to get what you **don't want**.

2. Ways to _____ the Power of Power Struggles

1) _____ what you have been doing does not work.

2) _____ your mind enough to see your spouse's point of view.

3) _____ your hold on your own point of view.

Submit to one another out of reverence for Christ (Eph 5:21)

4) _____ your mate what they really want in a situation.

5) _____ your mate the freedom to choose whether they will abide by your request.

6) _____ what you are going to do.

If it is possible, as far as it depends on you, live at peace with everyone. (Romans 12:18)

7) Choose to _____ and _____ each other.

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

➤ **Conclusion**

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

Now that you know these things, DO THEM. That is the path of blessing. (John 13:17 LB)

➤ **COUPLE SHARING**

1. Our power struggles seem to center around _____
(if unable to identify a specific area, talk about your last fight and see if it involved a power struggle).

2. Of the seven suggestions for breaking the power struggle cycle, the one I most need to apply is _____.