

Song of Solomon

Big Idea: Fight Right

Pastor Curt Seaburg

Conflict is sure to happen in any relationship and especially in marriage. Rather than trying to not fight let's learn how to fight the right way. There is a healthy way to have conflict. The world or culture has a lot of opinions, but God has the answers, the truth. The good news is that whatever mess your relationship is in there is hope in God. This fifth message from the Song of Solomon series Pastor Curt uses chapters 5 and 6 to teach us: How to fight right!

Pastor Curt set up the ground rules for fighting right by identifying the 3 phases of marriage. Keep in mind, don't stop reading if you're not married! These principles apply to every relationship. It starts with the Honeymoon Phase (literally interpreted sweet month). Then we step into the Disillusionment Phase. The reality of two worlds colliding begins to set in. At this point, some decide to persevere, but some bail. It's sad but true, 70% of marriages are stuck in this stage. They never step into the final phase - Commitment. We learn the skills to healthy conflict which leads to healthy relationships.

There are 3 stages of healthy conflict. (1) **The fight.** The number one cause of conflict in marriage is lack of communication. **Create Boundaries** (never in public, never in front of the kids, never let it get physical, never going to yell, never going to shut down). **Control Words** (never name call, don't get historical, never use the word divorce). (2) **The choice.** **Opposite of pride is what we need = humility. I will intentionally listen.** Hit the pause button, and really listen. 70% of what is said is not even heard. Take time to process, and remember, not every disagreement has to be resolved right then. **I will seek to understand. Understanding begins when judgement is withheld. I will verbally validate.** Acknowledge how the other is feeling and seek understanding. **I will resolve to empathize. "I do not ask the wounded person how he feels, I become the wounded person."** Walt Whitman (3) **The Reconciliation.** Get to this stage as quickly as possible. Listen, seek to understand, validate and empathize, and then forgive as you have been forgiven! **"A good marriage is the union of two good forgivers."** Ruth Bell Graham

Talk it Over

- Did anyone teach you how to fight right in a relationship, how to fight in a healthy way? What did your parents teach you by their example?
- How long did the honeymoon phase last in your marriage? How would you describe the disillusionment phase? What were some of your unmet expectations?
- How does what I heard in the message affect my relationship with God, my spouse, my children?
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Prayer Focus

Father, thank you for forgiving us. Help us to listen. Help us to seek understanding. We commit to learning your will and your way for our relationships. May reconciliation mark the relationships in this place! Remind us everyday that we can live and love like your Word teaches us.

Next Steps

Get into a Group. Check out the Song of Solomon resource www.victorychurch.org/solomon. Be intentional throughout this series and take notes and journal about what the Lord is teaching you.

Leader Tip

Think back to a time of fighting or conflict in a relationship. Share what you did that helped you to receive God's power to overcome the conflict.