Solid Rock Worship Center www.SRworship.org **Building a Strong Marriage: part 3 "Conflict Resolution"**Feb. 27, 2011



Ephesians 4:26-27(NLT) ²⁶And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, ²⁷for anger gives a foothold to the devil.

Attitudes for Resolving Conflict

- 1. Golden Rule
- 2. Stay calm
- 3. Active Listening
- 4. Be Assertive
- 5. Don't accuse
- 6. Avoid "always" & "never"
- 7. Think & speak (don't react)
- 8. Big Picture (on same team)
- 9. Don't keep score
- 10. Let go of the past

Steps for Resolving Conflict

- 1. Time Out
- 2. Define the Real Problem
- 3. Repent & Forgive
- 4. List past attempts & review them
- 5. Brainstorm solutions & examine
- 6. Try a solution
- 7. Define roles (how each will work...)
- 8. Review progress
- 9. Reward each other's progress