

FOOD FOR THOUGHT *(continued)*

TAKING IT HOME

1. Read **1 Corinthians 10:23-24**. As you reflect on your own life, is there an area of your life where you could improve being “concerned about the good of others” - whether that be your spouse or someone else in your life? What would that look like?

2. Seeking to understand someone else's point of view is one of the most effective ways to establish healthy communication! As you seek to understand your spouse or someone in your life, which of the habits discussed Sunday do you feel you need to focus on most?

- | | |
|---|---|
| <input type="checkbox"/> TONE OF VOICE | <input type="checkbox"/> CHOICE OF WORDS |
| <input type="checkbox"/> BODY LANGUAGE | <input type="checkbox"/> LISTENING SKILLS |
| <input type="checkbox"/> FOCUS ON THE ISSUE | <input type="checkbox"/> QUICK TO FORGIVE |
| <input type="checkbox"/> DAILY AFFECTION | |

3. What is ONE THING you could do for your spouse or close friend THIS WEEK that would help them feel loved, encouraged, and understood?

4. As you reflect on the talk from Sunday, is there anything that particularly stood out to you, challenged you, or inspired you? How could you best apply this message to your marriage relationship or other relationships in your life this week?

MESSAGE NOTES

For Better Or For Worse // Week 2

1. Conflict arises from unmet _____.

What is causing the quarrels and fights among you? Don't they come from the evil desires at war within you? You want what you don't have, so you scheme and kill to get it.

James 4:1-2

2. Good communication enables healthy _____.

Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. **Ephesians 4:2**

How to navigate conflict in marriage:

1. Learn the difference between _____.
(Proverbs 13:3)

2. Guard your _____.
(Proverbs 15:1)

3. Use wisdom in your _____.
(Ephesians 4:29)

4. Be aware of your _____.
(1 Corinthians 13:4-5)

5. Develop your _____.
(James 1:19-20)

6. Focus on the _____.
(Ephesians 4:26-27)

7. Choose to quickly _____.
(Ephesians 4:32)

8. Show lots of daily _____.
(Romans 12:10)

