

Making Peace

Peace in marriage is essential, so it's important to focus on actively making peace. As Jesus said, "Blessed are the peacemakers." How can we be peacemakers? Romans 14:19 says to "follow the things that make for peace." Consider which words and actions create peace, and which do not.

(1) What are some times I have responded with the wrong attitude? What triggered me? How will I respond with meekness and self-control? What words can I say that wisely move us to a solution?

(2) Am I making negative assumptions? (1 Corinthians 4:5)

(3) Do I have a controlling attitude?

(4) What patterns do I see in our conversations? What are some layers that make our conversations complicated, where we lose track of the original issue? Am I making it complicated either through criticism or defensiveness?

Things I say

What can I say instead?

Things my spouse says

What to do:

It might help to have something pre-written where you tracked your conversation patterns in the past, to help your spouse be aware of the patterns. That way you can both stay on track with the original issue.

(5) What will I do if a conversation turns into conflict?

(Example: Leave the room temporarily, write down thoughts, filter thoughts through Matthew chapter 5 and 1 Corinthians 4:5, compare the issue to previous conversations, consider the best way to connect & relate rather than simply speaking whatever comes to mind.)

(6) If there are any areas where I think my spouse could improve, what is the best way to approach the situation with meekness and a positive attitude?

(7) When is the best time to bring up a difficult conversation? (Avoid late at night, or during a stressful situation; consider waiting until a day off work.)

Application:

For difficult conversations that are **planned**, but necessary, write out your words ahead of time (with meekness), and then stay on track during the conversation.

For difficult conversations that are **spontaneous**, prepare by taking the time to imagine a scenario where you would normally fall into conflict, and picture yourself responding differently, based on the points above.