

There's No Place Like Home: Fighting For Your Marriage

05/04/2025 - Andy Deane

Conflict in marriage isn't a sign of failure, or that you married the wrong person, it's often a sign you still care.

WHY IS THERE CONFLICT IN MARRIAGE?

1. Because We Are Different

- Opposites attract...and irritate.

"What initially attracts you will eventually frustrate you, unless you learn to appreciate it." — Gary Thomas

"What draws people to be friends is that they see the same truth. They share a vision. What keeps them friends is that they respect each other's differences." — C.S. Lewis

- Opposites are on purpose (they are assignments from God to force our character & love grow).
- Opposites are how Jesus built his team (If He could unite them into a family, He can unite you).

2. Because We Are Selfish

- Marriage is a mirror that reveals the real you.

James 4:1, "*What causes fights and quarrels among you? Don't they come from your desires that battle within?*"

- Conflict is inevitable, but combat is optional. — Max Lucado

HOW DO WE FIGHT FOR OUR MARRIAGE?

1. Communicate Carefully

- Listen first, then ask follow up questions.

James 1:19, "*My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.*"

- Choose words that heal rather than wound.

James 3:8–10, "*But no human being can tame the tongue. It is a restless evil, full of deadly poison. With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers and sisters, this should not be.*"

- Break the silence deliberately.

Ephesians 4:15, "*Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.*"

- Guard your spouse's name like it's yours.

Ephesians 4:29, "*Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*"

2. Think Graciously

- Keep your heart tender toward your spouse.

Hebrews 3:13, “*But encourage one another daily, as long as it is called ‘Today,’ so that none of you may be hardened by sin’s deceitfulness.*”

- Assume the best intentions.

1 Corinthians 13:7, “*It always protects, always trusts, always hopes, always perseveres.*”

- Argue about the present, not the past.
- Take every possible path toward resolution.

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

3. Act Lovingly

- Honor your physical connection.

1 Corinthians 7:3, “*...husband should fulfill his marital duty to his wife, and likewise the wife to her husband.*”

- Stay present even when emotions run high.
- Don’t exile them to the couch.

4. Time It Wisely

- Don’t sleep on it...work on it.

Ephesians 4:26, “*In your anger do not sin: Do not let the sun go down while you are still angry.*”

- Allow for brief cooling off periods.

Proverbs 15:28, “*The heart of the righteous weighs its answers, but the mouth of the wicked gushes evil.*”

5. Forgive Quickly

- Own your part early and honestly.

Colossians 3:13, “*Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.*”

- Don’t be historical; when you forgive, drop the case.

1 Peter 4:8, “*Above all, love each other deeply, because love covers over a multitude of sins.*”

- Actions seal forgiveness; kind gestures are glue.

Philippians 2:4, “*Not looking to your own interests but each of you to the interests of the others.*”