

Communication and Conflict Resolution: A Biblical Perspective

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Study Guide by Nanette Loveless

Day 1: Read pages one to the middle of page 3 where it says “Six Prerequisites...” and answer questions #1-4 below:

1. The author states “One of the biggest obstacles to a good marriage is poor communication.” Do you agree or disagree and why?

2. The author lists 8 negative effects of poor communication on page one. List the 3 that you identify with the most:

- _____
- _____
- _____

3. Similarly, the author lists 9 positive effects of good communication on pages one and two. List the three that you desire in your marriage the most:

- _____
- _____
- _____

4. What did you learn about God’s perspective on our communication?

Day 2: Read pages three through six and answer questions #5-7 below:

5. What are the six prerequisites to good communication? (list only the phrases in italics)

1. You must _____
2. You must _____

3. You must _____

4. You must _____

5. You must _____

6. You must _____

6. Under Prerequisite #5 on page 5, the author lists 8 things to be careful about in addition to words. List them:

- The _____
- The _____
- Facial _____
- Hand _____
- Sighing _____
- Rolling _____
- A _____
- Body _____

7. At the bottom of page 5, the author suggests, “Ask your spouse to help you recognize any wrong use of these very counter-productive means of communication.” If it is possible, ask your spouse what he/she recognizes from the list that you may need to change. (If it is not possible to obtain help from your spouse, ask God and spend some time in self-examination.) List them here:

Day 3: Read pages 6-12 and answer questions #8-13 below:

8. List the “Two General Principles” of communication from page 7:

9. List the “Four Specific Principles” of communication from pages 7-12:

10. Of the 6 principles that you have listed, which two seem the hardest for you to implement in your own life?

11. What is hardest about the two principles you listed in #10 above?

12. Of all of the Scripture passages printed, which one stands out to you the most as one you need to memorize and mediate on?

13. Write the verse(s) you listed in #12 above on a note card and begin to memorize it.

Day 4: Read pages 13 to the middle of page 15 and answer questions #14-15 below:

14. What is a conflict?

15. What does God think of conflict?

The assignment for Days 5 and 6 is a long assignment. If you have time on Day 4, you may begin working on the assignment for Days 5 and 6.

Days 5 and 6: Read the section “Where Do Conflicts Come From?” on pages 15-21 and answer questions #16-27 below:

16. Do couples have to have a great deal in common in order to get along? Explain. (p. 15)

17. What must you do if you have little in common with your spouse? (p. 15)

18. Fill in the blank: "A very serious cause of conflict is a _____ response to an _____ or to a sinning spouse." (p. 16)

19. Do offenses and the sins of others always lead to conflict? Explain (p. 16)

20. How should husbands and wives respond to the sins of one another? (p. 16)

21. What part does pride play in conflicts? (p 16-19)

22. What does the word "Lust" mean? (see definition under the diagram on page 18)

23. In your own words, describe why people have conflicts.

24. Spend some time studying the diagram on page 18 then draw your own diagram to explain why people have conflicts.

25. What do you think your own most dominant fleshly lust is?

26. If possible ask your spouse if he/she agrees with your assessment. If he/she does not, list the fleshly lust that your spouse thinks is most dominant in you. Thank your spouse for his/her help in identifying your fleshly lusts.

27. Write a prayer asking God to help you gain victory over the fleshly lusts that you and your spouse have identified above.

Day 7: Re-read page 21 and answer questions #28-29 below:

28. On page 21, there is a 2-column chart that shows some examples of “Thoughts that lead to conflict” and “Thoughts that avoid conflict.” Think about your own thoughts that may lead to conflict. What are some of your own personal thoughts that lead to conflict? Fill them in on the left column in the chart below. Then turn those thoughts that lead to conflict into thoughts that avoid conflict. List the new thoughts in the right hand column in the chart below:

Thoughts that lead to conflict:	Thoughts that avoid conflict:

29. On page 21 there are 8 benefits of differences and disagreements. List these 8 in your own words:

-
-
-
-
-
-
-
-

Day 8: Read page 22 to the bottom of page 24 “Resolving Conflicts” and answer questions #30-36 below:

30. List the 4 sinful ways that the author lists to avoid conflict (p. 22):

- Just _____
- Stay _____
- Change _____
- Hide _____

31. Which of the 4 sinful ways to avoid conflict have you been guilty of?

32. Stop here and pray a prayer asking God to forgive you and to help you learn to avoid conflict in ways that honor Him.

33. List the 10 God-honoring ways that the author lists on pages 22 and 23 to avoid conflict:

- Seek _____
- Gather _____
- Pray, _____
- Demonstrate _____
- Listen _____
- In _____
- In _____
- In _____
- Refuse _____
- Be _____

34. Following the list of God-honoring ways to avoid conflict on page 23, the author states: “One of the best ways to avoid conflict when another person is angry at you is to give a _____ and _____ answer to their angry words.” Fill in the blanks.

35. Write Proverbs 15:1 on a note card and add it to your memory verse from Day 3. Read it 3 times per day (ex: morning, lunch and bedtime).

36. Locate and read each of the Scripture passages referenced in the list of God-honoring ways to avoid conflict on pages 22 and 23.

Day 9: Answer questions 37-42 below:

37. How can we resist the temptation to return the anger that is coming at us? (top of p. 24)

38. How does the author suggest we can usually disarm an angry spouse? (top of p. 24)

39. What does the author suggest is the best thing to do when an angry spouse cannot be disarmed after several tries? (top of p. 24)

40. What does the author suggest to do if the situation should escalate to physical attack? (top of p. 24)

41. Fill in the blanks from the 3rd paragraph on page 24: “A person who is sincerely and biblically trying to avoid conflict is pursuing _____. Even when there is just one person pursuing peace, there will be very little _____. There may be times when your spouse may not be at peace with you, but you can choose to _____ with them and seek to _____ with them.

42. Write Romans 12:18 and Romans 14:19 (middle of p. 24) on note cards. Combine the cards with the Proverbs 15:1 card from Day 9 and the memory verse from Day 3 and read them all 3 times per day (ex: morning, lunch and bedtime).

Day 10: Read “Resolving Conflicts” on pages 24-28 and answer Questions #43-49 below:

43. What are 5 sinful ways that the author lists for resolving conflicts: (p. 25)

- Let _____
- Try _____

- Pretend _____
- Wait _____
- Punish _____

44. Which of the 5 sinful ways to resolve conflict have you been guilty of? (see Question #43)

45. Stop here and pray a prayer asking God to forgive you and to help you learn to resolve conflicts in ways that honor Him.

46. What are the steps to a biblical way to resolve conflict? (p. 25-28)

- Confess _____
- Go _____
- Express _____
- Come _____
- Pray _____
- Review _____
- Each _____
- Begin _____

47. List the “Rules of Communication” as the author presents them on page 26 under the 6th bullet, “Review God’s rules of communication:”

1. Be _____
2. Speak _____
3. Speak _____
4. Speak _____
5. Speak _____

48. How do these rules differ from the “4 Rules of Communication” which you learned previously?

49. How are they the similar?

Day 11: Answer Questions #50-53 below:

50. Describe the process and list the steps to discussing the issues that precipitate conflict (beginning at the bottom of p. 26 and continuing on p. 27).

51. What are the issues that lead to conflict in your own marriage?

52. How, when and where might you and your spouse discuss the issues that result in conflict in your marriage? Spend some time talking to your spouse about this process.

53. Fill in the blanks: "This resolution process encourages both husband and wife to remain _____, _____ - _____, and _____ - _____."
(bottom of page 27)

54. Fill in the blanks: "Avoiding conflict and resolving conflict will take _____
_____ for those who have already created bad habits in this area." (bottom of page 27)

Day 12: Read “God’s Provisions for Man” on pages 29-34. Answer Questions #55-58 below:

55. What are the 3 provisions that God has made for Man?

1. God’s provision of _____
2. God’s provision of _____
3. God’s provision of _____

56. Explain God’s provision for salvation:

56. Explain God’s provision for sanctification:

57. Explain God’s provision for glorification:

58. What are the first 3 things you plan to change about your communication and conflict resolution as a result of this booklet and study? List them on a note card and keep the card together with the note cards with Scripture passages from this booklet study. Then, on the back side of the same note card, write a prayer asking God to help you change these three things about yourself. Pray the prayer daily. Implement your note cards from this study into the 3rd column of your TIHL.