

When Conflict Arises

It's important to ask ourselves some poignant questions when conflicts arise:

What is my goal in dealing with this issue?

Am I opening my heart to understanding my spouse's point of view?

Can I speak the truth in love and not out of anger and frustration?

Am I being humble?

Is what I am saying and thinking, biblical?

Can I grace my spouse and give them what they don't deserve, just as Jesus does for me so often?

When peace rules our hearts, that is the moment to hash things out and set some specific plans in place. When emotions are high, few of us can become teachable or communicate in a way that has the other person's best interest wholly in mind. Our emotions block us from thinking logically or responding gently and biblically.

When our reality is at odds with our hopes and dreams, we become hard to please. Nothing our spouse does is acceptable because we are living in a perpetual place of discomfort. Let's ask ourselves a few questions. Are we complaining to others about our spouses? Do we have a critical spirit? These are telltale signs of an angry heart. Discovering this about ourselves is no reason to feel guilt or shame if we allow the discovery to push us toward spiritual growth.