



In this series we will dive into some Biblical principles that will help navigate those ups and downs in every relationship. The truth is every relationship, not just in marriage, has ups and downs.

This morning, I want to discover how to walk through conflict in our marriage.

Text: **Ephesians 4:26**

I. Learning to handle conflict in a godly way.

A. Anger is not the main issue; it's expressing it sinfully.

"Many marriages suffer because we assume that anger is always bad — or that our anger is always justified. Often, we assume the former when it comes to our spouse's anger, and the latter when it comes to our own."

B. Anger can also be put away. - **Vs. Ephesians 4:31**

*By God's wisdom and his Spirit's filling we can learn to be slow to anger (**James 1:19**) and show patience, overlooking an offense (**Proverbs 19:11**).*

NOTE: Patience, being slow to anger, and self-control are good virtues to possess. Notice this is impossible in the flesh, but a result of the Spirit producing fruit in us.
(**Galatians 5:22-23; Ephesians 4:23; Romans 12:1-2**)

C. Unaddressed anger hardens into bitterness.

- **Vs. Ephesians 4:26**

"What wisdom of the Spirit to strive to resolve those conflicts before laying our heads on our pillows at night. Of course, that means making time for hard or even difficult conversations."

D. Unaddressed anger gives an opening for attack.

– Vs. **Ephesians 4:26-27**

"Every marital battle is first and foremost a spiritual battle, and we'll inevitably lose that battle if we think we're only fighting each other."

"No man sins by "restraining" his anger: no man is certain that he will not who indulges it for a moment."

- *Barnes Notes on the Bible*

Application: **Ephesians 4:32**

As we talk about resolving conflict in our relationships, we must recognize that our example is Christ.

Are you holding bitterness in your heart through anger toward someone this morning? I am not asking you to be fully reconciled to that person, as it may not be healthy or even possible.

However, I am encouraging you to release that offender and surrender it to the Lord, and by grace forgive that person as Christ has forgiven you.