

How to Restore Harmony in Our Relationships

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Relationships Made Simple How to Restore Harmony in Our Relationships

I. Introduction

A. Conflict is in any relationship!

B. James 4:1-2ab (NAS) ¹What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? ²You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel.

C. Conflicting produce conflict!

II. How to Restore Harmony in Our Relationships

A. Become a follower of .

1. Romans 5:1 (NAS) *Therefore having been justified by faith, we have peace with God through our Lord Jesus Christ.*

2. The starting point of resolving conflict is to resolve conflict with .

B. Look to to meet your .

1. Philippians 4:19 (NAS) *And my God will supply all your needs according to His riches in glory in Christ Jesus.*

2. No will ever be able to meet your needs!

a. A woman's sexual drive tends to be related to her menstrual/hormone cycle, while a man's sex drive is fairly .

b. A woman is stimulated more by and romantic words. She can be more attracted by a man's personality, and the way he treats her, while a man is stimulated by .

c. While a man needs little or no for sex, a woman often needs hours of emotional and mental preparation!

C. See how much of the problem/conflict is .

1. Matthew 7:3 (NAS) *"Why do you look at the speck that is in your brother's eye, but do not notice the log that is in your own eye?"*

2. I John 1:8 (NAS) *If we say that we have no sin, we are deceiving ourselves, and the truth is not in us.*

3. There are no "" problems in any relationship!

D. Grasp a basic understanding of people and .

1. Psalm 139:15-16 (NAS) ¹⁵*My frame was not hidden from You. When I was made in secret, and skillfully wrought in the depths of the earth;* ¹⁶*Your eyes have seen my unformed substance; and in Your book were all written the days that were ordained for me, when as yet; there was not one of them."*

2. The Four Temperaments: Expressive, Analytical, Driver and Amiable

3. Make a choice to and accept others the way they are wired instead of expecting them to .

E. Sit down with the other person and the problem.

1. You have to do this .

2. Matthew 5:23-24 (NAS) ²³"Therefore if you are presenting your offering at the altar, and there remember that your brother has something against you, ²⁴leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering."

3. Choose the right and the right to talk a problem through!

4. a before you meet together!

F. Attack the and not the .

1. Colossians 3:8 (NAS) *But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth.*

2. Things that are "off limits" when you talk

a. Explosive

b.

c. language

3. Proverbs 21:23 (NAS) *He who guards his mouth and his tongue, guards his soul from troubles.*

G. Get some .

1. Proverbs 15:32 (NAS) *He who neglects discipline despises himself, but he who listens to reproof acquires understanding.*

2. It takes courage and to ask for help!

3. Do you want to have a satisfying marriage, or do you just want to like you do?

4. It's more rewarding to resolve a than to dissolve a .

III. "Where Do I Start?"

A. Become a .

1. John 14:6 (NAS) *"I am the way, and the truth, and the life; no one comes to the Father but through Me."*

IV. Conclusion