

### **Recap of 10/23/16 (Malachi 2:16):**

#### 1. "A Six-Step Plan to Deal with Conflicts" (source: Tirabassi, How to Live **With Them Since You Can't Live Without Them**.)

-Call on God immediately. A sample prayer they suggest is this: "Lord, help us to resolve this conflict. Help us not to hurt each other. We know we are in a spiritual battle because the Bible says that we do not fight against flesh and blood, but against the evil forces. We need Your help, Your wisdom, and Your understanding. We are both hurting and are thankful that we can come to You for help. Please help us. We are both imperfect and in need of forgiveness and grace. We both love You and we love each other. Help us to resolve this conflict. In Jesus' name, we pray. Amen." (To me this prayer hits all the right notes for a Biblically-centered, marriage affirming process.)

-Check the time (select an appropriate time).

-Identify the problem (listen carefully to each other, identify your contribution to the problem, define the issue specifically).

-Brainstorm possible solutions (identify alternatives).

-Find a solution we will try (decide on a mutually acceptable solution).

-Try the solution and evaluate its effectiveness.

2. 10 Biblical Absolutes on the Sexual Relationship (source: **Becoming One** by Don Meredith): sexuality is God's creation (Genesis 1:27; 2:24); physical love is for procreation (Genesis 1:28); physical love is for pleasure (Proverbs 5:18,19; Song of Solomon 4:10-12); physical love demands a time priority; physical love requires a transfer of body ownership (1Cor. 7:3,4); physical love is passionate and creative (Song of Solomon 6:13-7:9); consistent physical love is important (1 Cor. 7:5); Scripture illustrates creative sexual communication (Song of Solomon 4:1-7; 5:9-15); physical love is more than physical (Genesis 2:24,25); sexual attitudes of parents are transferred to children.

3. Resources for the sexual relationship in marriage: **Celebration of Sex** by Douglas Rosenau; **Intended for Pleasure** by Dr. Ed Wheat; **The Gift of Sex** and **52 Ways to Have Fun, fantastic Sex** by Clifford and Joyce Penner; and **Intimate Issues** by Linda Dillow and Lorraine Pintus.