

Managing Conflict in Marriage

Proverbs 15:1



WELCOME MESSAGE By Folorunso Alakija (Mrs)

Once again, I welcome you to our second University of Marriage retreat for 2019 as we focus on conflicts in marriage.

Conflict is part of life. This is because there are no two people that are the same in thought, experience, exposure and background. Even among siblings born of the same parents, there are still times when they disagree.

Conflict is inevitable in marriage and it can either create irreparable damage or healing. Areas where conflict is usually common are finance, career, children, in-laws, sex and attitude. It can also result from matters considered as trivial, such as arrangement of personal effects in the house, how to squeeze the toothpaste tube, who does certain household chores, where to spend holidays, the list goes on and on.

Conflict is therefore not the problem; it is how we manage it that is the issue. Whenever conflict or misunderstandings or disagreements occur, every couple must choose how they will respond and manage it. This is because the outcome of every conflict is directly the choice made by the parties involved.

God desires that we enjoy our marriage. However, we are to apply wisdom to resolve all issues and learn from them and move on. Nonetheless, the best way is to learn how to avoid and manage conflicts BEFORE they occur.

Let me share a few tips with you:

1. Make a commitment that you will love your spouse unconditionally. Make 1 Corinthians 13:4-8 your watchword.
2. Be careful to choose your words carefully even when you are very angry. Proverbs 15:1 says,
A soft answer turns away wrath, but a harsh word stirs up anger.
3. Focus on the issue at hand, do not bring up past issues.

4. Always remember that your spouse is not your competitor, enemy or rival, you are on the same team.
5. Don't jump to rash conclusions, ask questions to seek clarifications rather than interpreting their thoughts and behaviours in the light of your perception.
6. Don't carry over offenses overnight, settle your misunderstandings before you go to bed. Ephesians 4:26 says,
"Be angry, and do not sin": do not let the sun go down on your wrath
7. Pray about each conflict before discussing it with your mate.
8. Don't get agitated every time there is an issue, take a deep breath and calm down.

When we follow biblical principles on how to manage conflicts, our homes will become a safe haven for our spouses to always come back to, and we will enjoy the peace of God which passes human understanding.

As usual, our Newsletter is full of testimonies, prayers, memory verses and confessions for your use and distribution for evangelism.

Remember that our fourth annual University of Marriage Conference will hold on Saturday 14th September 2019 where we will be interacting about money matters. Let's begin to pray and plan towards it and invite others for another successful program.

Be refreshed in-His-presence.

FA

Your Servant-Leader

HYMN:

MY HOPE IS BUILT ON NOTHING LESS

1. My hope is built on nothing less
Than Jesus Christ, my righteousness;
I dare not trust the sweetest frame,
But wholly lean on Jesus' name.

Chorus:

On Christ, the solid Rock, I stand;
All other ground is sinking sand,
All other ground is sinking sand.

2. When darkness veils His lovely face,
I rest on His unchanging grace;
In every high and stormy gale,
My anchor holds within the veil.
3. His oath, His covenant, His blood,
Support me in the whelming flood;
When all around my soul gives way,
He then is all my hope and stay.
4. When He shall come with trumpet sound,
Oh, may I then in Him be found;
In Him, my righteousness, alone,
Faultless to stand before the throne.

Vision

To restore the glory of the Lord's people, release those in bondage, heal the sick and the broken-hearted and uphold marriages towards effective nation building.

Mission

Delivering and defending the afflicted in the body of Christ by applying the word of God, praising God for breakthroughs, counselling and testimonies through the power of His might.

Values

Holiness:

- | | | |
|------------------------|---------------------------|---------------------|
| H -Humility | I -Integrity | E -Empathy |
| O - Orderliness | N -Neighbourliness | S -Service |
| L -Love | | S -Sacrifice |

MAY EDITION OF YES LORD! PRAYER RETREAT.



Prayers



...The effective, fervent prayer of a righteous man avails much.

James 5:16

- I thank You Father, for the spouse You have blessed me with, I decree and declare that he/she will fulfil Your purpose for his/her life in Jesus name, Amen.
- I ask O Lord, that our words will always be seasoned and gracious and You will teach us to bridle our tongues and not say hurtful things to each other in difficult times, in Jesus name, Amen.
- I frustrate the plans of the evil one targeted at causing confusion in our marriage and prophesy that we will be far from oppression and negative influences, in Jesus name, Amen.
- I pray O Lord that You will open our eyes of understanding to see areas we need to work on and we receive grace to correct ourselves where necessary in order to manage conflict in our home, in Jesus name, Amen.
- Help us to seek You first before any other thing and grant us the enablement to go the extra mile for each other, in Jesus name, Amen.
- I speak peace, love and the spirit of understanding into our marriage and receive the enablement to achieve the standard of God for marriage in Jesus name, Amen.

TESTIMONIES

- I have come to return all the glory to God who made it possible for my daughter-in-law to give birth safely. May His name be praised forever.
-Mrs. Glory Bassey
- I appreciate the Lord for what He is doing in my life and that of my family. I thank Him for supernatural provision given to my eldest son to complete his building project, for promoting him at His place of work and for is numerous blessings in the lives of my other children. He alone is worthy!
-Mrs. Kebinde Fadase
- I thank God for breaking protocols for my sake and restoring my landed property that was forcefully taken from me some years ago. He is indeed a wonder working Father!
-Mr. Adibe Duru

MEMORY VERSES *(All scriptures quoted from the NKJV)*

- **Week 1:** Proverbs 15:1 "A soft answer turns away wrath, but a harsh word stirs up anger".
- **Week 2::** 1 Thessalonian 5:11 "Therefore comfort each other and edify one another, just as you also are doing".
- **Week 3:** Colossians 3:13 "Bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do".
- **Week 4:** Galatians 6:2 "Bear one another's burdens, and so fulfill the law of Christ".
- **Week 5:** Proverbs 14:29 "He who is slow to wrath has great understanding, but he who is impulsive exalts folly".

QUOTATIONS ON MANAGING CONFLICTS IN MARRIAGE

"A marriage is a lifelong journey, more difficult yet more satisfying than any other journey you will ever take". **-Mrs. Folorunso Alakija, University of Marriage.**

"The most important marriage skill is listening to your partner in a way that they can't possibly doubt that you love them" **-Diane Sollee, Smartmarriages.com**

"Marriage is a venture into intimacy, and intimacy is the opening of oneself to another". **-David Augsburger, Cherishable: Love and Marriage**

"When we listen, understand and respect each other's ideas, we can find a solution in which both of us are winners". **-Dr. Gary Chapman, Solving Conflicts Without Arguing.**

"Chains do not hold a marriage together. It is threads, hundreds of tiny threads which sew people together through the years". **-Simone Signoret**

"A successful marriage requires falling in love many times, always with the same person". **-Mignon McLaughlin**

SALVATION PRAYER

Dear God, I come to You in the name of Jesus. I acknowledge to You that I am a sinner and I am sorry for my sins and the life that I have lived; I need Your forgiveness.

I believe that Your only begotten Son Jesus Christ shed His precious blood on the cross at Calvary and died for my sins, and I am now willing to turn from my sins.

You said in Your Holy Word, Romans 10:9 that if we confess the Lord our God and believe in our hearts that God raised Jesus Christ from the dead, we shall be saved.

Right now, I confess Jesus as the Lord of my soul. With my heart, I believe that God raised Jesus Christ from the dead and I accept Him as my Lord and personal Saviour, so according to His Word, I am saved.

Thank You Jesus for Your unlimited grace which has saved me from my sins. I thank You that Your grace never leads to license, but to repentance. Therefore Lord Jesus, transform my life so that I may bring glory and honour to You alone and not to myself. Thank You Jesus for dying for me and giving me eternal life. Amen



Publications by

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Folorunso Alakija
Your business is
God's Business

#FolorunsoAlakija #DaughterOfZion
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ANNOUNCEMENTS

Weekly Tuesday Fellowship:

Lunch Hour

12:30pm - 1:30pm

Evening Fellowship

6:00pm - 7:30pm

UPCOMING

EVENTS

THE NEXT YES LORD! PRAYER RETREAT will Hold on

Saturday 13th July 2019

Time: 1:00pm - 4:00pm

Annual Marriage Conference holds on
the 14th of September 2019

Theme: MY MONEY/OUR MONEY

National Crusade 2019

Date: Thursday 24th to Saturday 26th October 2019

Single's Program holds on the

17th of August 2019

Theme: WINDOW SHOP FOR YOUR SPOUSE

VENUE

Rose of Sharon Glorious Ministry Int'l

14 Ogunlana Drive, Surulere, Lagos.

Our Contacts

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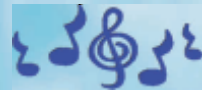
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Theme Song

Yes Lord!

*I'm trading my sickness / sorrow
I'm trading my pain
I'm laying them down
For the joy of the Lord...*

Chorus:

Yes Lord! Yes Lord!

Yes Yes Lord! 3x Amen!



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