



Marriage Under Fire

Men of His Word Oshkosh 2026



What issues threaten your marriage?

How do you usually try to resolve conflict?

- Stuff
- Outburst
- Conversation

Steps to Conflict Resolution

1) Control emotions

Ephesians 4:26 *In your anger do not sin: Do not let the sun go down while you are still angry*

- Physical release
- What's causing your frustration, anger, disappointment?
- Is it legitimate or not?
- Either let go or address (set time)

2) Present the issue

Ephesians 4:15,25, 29 *speaking the truth in love... speak truthfully to your [spouse]... Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*

- Let her go first. Ask her to calmly explain how she feels and describe the issue
- Listen with no objections
- Then take your turn to calmly express feelings and issue

3) Confess sins as appropriate

James 5:16 *confess your sins to each other*

- You go first – confess sin, request forgiveness, no excuses
- She may or may not follow; you lead

4) Announce forgiveness

Colossians 3:13 *Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.*

- Actually say, "I forgive you." These are powerful words.

5) Discuss plan to address issue

Colossians 3:12 *Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.*

- Ask her suggestions
- Offer your suggestions
- Seek third-party help as needed

6) Spend time with the Lord

Colossians 3:16 *Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom*

Colossians 4:2 *Devote yourselves to prayer, being watchful and thankful*

- in His Word
- in prayer

7) Spend time with each other

Deuteronomy 24:5 *If a man has recently married, he must not be sent to war or have any other duty laid on him. For one year he is to be free to stay at home and bring happiness to the wife he has married.*

- on dates
- on trips

The Role of the Husband

Ephesians 5:25-28 ²⁵ *Husbands, love your wives, just as Christ loved the church and gave himself up for her* ²⁶ *to make her holy, cleansing her by the washing with water through the word,* ²⁷ *and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless.* ²⁸ *In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself.*