Love and Respect Marriage Group – Week 6

**Review:** Men, last week, you were to practice the art of “Listening to understand” your wife’s emotion instead of “Trying to FIX the problem”, how did it go?

**Video: How to Spell LOVE to a Woman**

 (P\_\_\_\_\_\_\_\_\_\_\_) When you \_\_\_\_\_\_\_ /\_\_\_\_\_\_\_\_\_ with her.

* The Bible says “The two shall become one flesh”, this doesn’t happen \_\_\_\_\_\_\_\_\_
* God has designed \_\_\_\_\_\_\_\_ in relationships, if you don’t have conflict in your relationship, you are not in the center of God’s will.
* The key to motivating someone is found in meeting their \_\_\_\_\_\_\_\_\_\_\_\_.
* \_\_\_\_\_\_\_\_\_: Having joyful relationship… sudden conflict… momentary separation… come back together, ventilate… I’m sorry, I’m sorry… humor… joyful relationship
* Guys apologize… then they \_\_\_\_\_\_… and it’s over… then they forget about it.
* We need to \_\_\_\_\_\_\_ to our 20% in a conflict and the 80% will take care of itself.

 (L\_\_\_\_\_\_\_\_\_\_\_) When you are completely \_\_\_\_\_\_\_\_\_\_\_ to her.

* Women need reassurance in your \_\_\_\_\_\_\_\_\_\_.

 (E\_\_\_\_\_\_\_\_\_\_\_) When you treasure her \_\_\_\_\_\_\_\_\_\_\_ above all else.

* If she’s acting disrespectful maybe she just needs \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Discussion Questions**

1. In our relationships, unresolved “conflict pain” does not go away, even though it may become forgotten it’s not gone, it’s just stored away in our hearts and then it will come back out when similar circumstances arise. The similar circumstance triggers the stored away hurt and then it explodes into your current disagreement with the old negative emotions.

A. How has this principle caused trouble in your relationship(s) in the past?

B. How can you heal old stored away hurts from the past? (Ask God to reveal the hurts, go to the people you had conflict with … 1. Taking ownership of your own actions, & forgive them).

C. How can you come up with a plan for working out conflicts in the future?

2. Sometimes one spouse will say to the other (usually it’s the husband saying it to the wife), “Can we just drop this and move on, I don’t want to discuss it”. This usually causes a wife to become hysterical because a wife has more of a need to discuss her feelings and hear his feelings so that there can be multiple apologies.

A. Men/women, why do you say “Let’s drop it”? Does that work?

B. Women why would this make you hysterical? How can you handle it differently?

3. Sometimes our spouse will not see their own wrongs in a given situation so it helps to prevent apologies, which helps to prevent healing, how can we come up with a plan to have each person own their wrong doing? Close in prayer.

**Homework:** Ask couples to briefly share a practiced Love and Respect principle that they used this last week in their relationship.