

## WEEK FOUR : PICK THE RIGHT FIGHT

## WELCOME:

Ice Breaker: Name a topic that couples always fight about or fight over.

## WORSHIP:

Sing, BUILD MY LIFE

#### Introduction:

This might surprise you, but one-fourth of the Song of Solomon is dedicated to the topic of conflict. Conflict arises in every relationship, and Solomon's marriage was not immune. Solomon knew that healthy conflict is a good thing in relationships, and rather than teaching how not to fight, he reveals how to fight right. Healthy conflict leads to healthy relationships of all kinds: marriage, business, friendship, etc. Every relationship, especially marriages, have seasons: honeymoon, disillusionment, and commitment. Rather than simply managing a relationship and ignoring, obscuring, suppressing, or minimizing problems, learning how to have healthy conflict in every season leads to.

### WORD: SONG OF SOLOMON chapter 5

#### **Observation Questions:**

1) What events take place in this verse of this book? (Song of Solomon 5:1)

2) What did the Lover say he had done in verse one of this book? (Song of Solomon 5:1)

3) What stage in the couple's relationship is described in these verses? (Song of Solomon 5:2), (Song of Solomon 6:3)

4) What did the Beloved say she was doing in verse two of this book? (Song of Solomon 5:2)

5) How did the Beloved describe her attitude

toward her husband in verse eight? (Song of Solomon 5:8)

11) How did the Beloved describe her Lover in these verses of this book? (Song of Solomon 5:10-16)

Pastor Ta gave the following sermon lessons:

#### 1. There will always be conflicts to face. (Song of Solomon 5:2-6)

- Create boundaries.
- Cap time (Ephesians 4:26).
- Control words (Proverbs 15:1).

#### 2. There is always a choice to make. (Song of Solomon 5:10-13)

- Choose to intentionally listen.
- Choose to understand.
- Choose to verbally validate.
- Choose to empathize.

#### 3. There is always room for reconciliation. (Song of Solomon 6:11-12)

- Forgive as Christ does (Colossians 3:13).
- Don't resurrect past failure (Micah 7:19).
- Live your new life daily (Romans 6:4).
- Allow the fruit of Spirit to grow (Galatians 5:22-23).

#### **Application Questions:**

1) How is the world's way of resolving conflict different from God's healthy way?

2) What steps can be taken to reduce the effects and influence of pride during conflict?

3) In what ways can the effects of evil be removed from healthy conflict?

# WORK:

• Ask God to reveal conflicts in relationships that you are currently managing.

Prepare a plan for resolving conflict in healthy ways.