

# CONFLICT: *The Path to Intimacy*



## *Marriage:*

*Finding More of  
the Missing Pieces*

*Part two of Elim's sermon series on marriage.*

*“Real intimacy doesn’t just happen.  
It’s forged in the crucible of healthy  
conflict!”*

*Dr. Gary Oliver*



# TWO WAY TO VIEW CONFLICT

- *Negative*

- *Conflict is a pain to avoid or a problem to fix.*
- *Viewing conflict as a pain to avoid or a problem to fix leads to fear, hurt, and frustration.*
- *Fear, hurt, and frustration lead to anger.*
- *Anger leads to fight or flee.*
- *Fight or flee leads to division, distance, and isolation.*
- *Isolation leads to more conflict.*



# TWO WAY TO VIEW CONFLICT

- *Positive*

- *Understand the “rest of the story.”*
- *Understanding the “rest of the story” leads to knowing and being known.*
- *Knowing and being known lead to safety and trust.*
- *Safety and trust lead to increased intimacy.*



# TWO WAY TO VIEW CONFLICT

*James 1:19-20*

*My dear brothers take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.*



# UNDERSTANDING BEGINS WITH EMPATHY

- *Empathy will notice when someone is in pain and respond with a holy respect and sacred curiosity.*
- *Empathy moves me to listen to their story.*
- *Empathy compels me to seek understanding.*



# UNDERSTANDING LEADS TO INTIMACY

- *How significant is the conflict?*
- *Define the issue and seek understanding.*
- *Ask, “What is my contribution to the problem?”*
- *Do I need to apologize or ask for forgiveness?*



# UNDERSTANDING LEADS TO INTIMACY

- *Choose what I can do differently*
- *Choose what we can do differently.*





*With the example of Jesus and through the power of the Holy Spirit, we become peacemakers who have a wholehearted commitment to do everything within their power to REPAIR damaged relationships, DEVELOP healthy relationships, and CALL others to do the same.*

