

Week 1

Introduction

Few things are as predictable in life as conflict within marriage. Most consider marital conflict to be a negative trait. However, recent scientific research has indicated that, if fighting at home is done well, it not only doesn't damage marriages, it actually enhances them.

Join us each week as we look into what scientists have pinpointed about conflict that makes marriage better. What is most exciting is that science is finally catching up to what the Bible has shown to be true for many years.

Portions of this material have been adapted from **Fighting Right**, written by Drs. Julie and John Gottman, world- renowned marital researchers.

As always, look me up if you have any questions.

Next week: What are we fighting for?