

WEEK #12

When You Need to Pray Together - The Problem

In the middle of conflict, it is wise to be on guard for that moment when the conversation escalates in an unhealthy direction. This occurs when one or both spouses become flooded (see week #9). It is best to immediately take a break from each other and return to each other only when the trigger can calmly be discussed. It is a good idea to reunite and pray together before rehashing the issue.

There are those who mistakenly believe that they will feel better if they gain the upper hand and win the argument. In Marriage Matters, our marriage enrichment program, we often use the phrase, "If one wins, we both lose." The spouse who comes out ahead in a conflict may win the battle, but the war will be lost - since the relationship will be damaged.

After all, victory is not taking the upper hand in a heated discussion; it's allowing the Lord to infuse us with wisdom and character in the midst of conflict.

Next week - When You Need to Pray Together - The Solution