

**“Making Marriage Work by...
Winning the Fight”**

Ephesians 4:25-32
Pastor Jeff Burkholder
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Navigating conflict involves...

- A. **Honesty**. (Ephesians 4:25)

- B. **Not sinning in our anger**. (Ephesians 4:26-27)

- C. **Choosing our words carefully**.
(Ephesians 4:29)

- D. **Obeying the Holy Spirit**. (Ephesians 4:30)

- E. **Dealing with bitterness**. (Ephesians 4:31)

- F. **Extending forgiveness**. (Ephesians 4:32)

The following book is available at the marriage resource table in the Lobby for a suggested donation of \$11.00 each.

Synopsis:

***The Emotionally Destructive Relationship* by Leslie Vernick.**

Stop.

Dare to ask the question:

What's going wrong in this relationship?

Maybe it doesn't seem to be "abuse." No bruises, no sexual violation. Even smiles on the surface. Nonetheless, before your eyes, a person is being destroyed emotionally.

Perhaps that person is someone you want to help. Perhaps it's you.

Author and counselor Leslie Vernick has witnessed the devastating effects of emotional abuse in families and relationships. She knows it must be talked about if healing and hope are to be found. Step by step, Leslie shows you how to...

- recognize behaviors that are meant to control, punish, and hurt.
- confront and speak truth when the timing is right.
- determine when to keep trying and when to shift your approach.
- get safe and stay safe.
- continue to be transformed by God as you build an **identity** in Christ.

Do you want to change? Within the pages of this book, you will find biblically sound, straightforward help to take the first step today.

"If you have *been wounded or trapped* in a destructive relationship, you are not alone. Your life story isn't over. These are the life-transforming themes of *hope that* Leslie affirms as she shares her healing journey."