

NewSpring Church Personal Study Guide

iwantanewmarriage.com — Week 3 — What I Said Yes To

How should we deal with conflict in marriage? Truth is, most of us could have a brand new marriage if we would just be honest with one another. It would seem that telling the truth to our spouse would come easy but communicating honestly with one another is hard work.

- How does being a man or woman of your word help develop healthy expectations in marriage?
- Why do couples struggle with speaking the truth to one another? What does “speak the truth in love” mean? What happens when you speak the truth with no love? What happens when you love without speaking truth? (Ephesians 4:15)
- HOW can open communication improve intimacy?
- How do small breaches of integrity, such as saying you’ll arrive at 5 and then showing up at 5:30, slowly erode other’s confidence in you?
- When can saying “no” be a sign of spiritual maturity?
- Why is it SO ESSENTIAL to be positive to and about your spouse?

What would happen if we all committed to having complete integrity in our speech? When we say we’re going to do something, we do it. We can speak positively about people and refrain from gossip and negativity. We can say “no” up front instead of giving less than 100% effort. We can speak the truth in love to those around us. In any situation, our tongue can destroy or lift up and encourage. That is true in any situation, but especially in marriage.