

# LIVING WITHOUT THE CHAOS

Most people who have been married for a while, find that arguments come about normally because of two main reasons.

The first is because the two people involved do not love one another.

The second is over superficial "things" like finances, responsibilities and lifestyle differences.

This lesson focuses on those who fall into the second category, because those in the first are in serious need of some major counseling if the marriage has any chance of surviving.

## Things You Can Do To Increase Peace

We want to offer good tips on how to argue less with your spouse:

**1 - Be reasonable.** If you ask for the impossible, you won't ever get what you want. Everyone has things they simply won't do. However, realize that the two of you will shift and change over the years. So, even if you think you understand your spouse, from time to time, re-visit the issue....people do change over time. Give your spouse time to make changes you would like to see with light pressure. Too much pressuring or constant nagging can drive your spouse away.

**2 - Be willing to compromise.** In every relationship there has to be some degree of compromise. While you obviously can't control how much your spouse will be willing to compromise, you certainly can control your own. Make sure you remember this as time passes and things come up that you want to change. Learn how to negotiate. Each of you state what you want, then both of you work together to find a way forward.

**3 - Remember you love them.** It's very important to remember when you are finding yourself getting annoyed with something your spouse is saying or doing, remember that you love this person and do truly wish for them to be happy and to have whatever it is in life you can give them.

**4 - Don't pick.** One of the biggest contributors to arguing between spouses is when one or both parties pick at one another. There is no good reason for doing so, and spouses that engage in such activities are only asking for problems in their marriage.

If you have an issue, bring it out into the open, talk about it with your spouse, make it known how you feel, then drop it forever if all possible. Constantly harping on something you don't like will only cause the other to like you less and less as time passes. Remember, "If possible, as much as lieth in you, be at peace with all men." (Romans 12:18)

Don't insist on winning all the arguments. Let your husband win the argument sometimes--- let your wife win sometimes. Most of all, limit arguing as much as possible. God never intended for marriage to be one full of arguments, bitterness, and unhappiness.

Don't let the sun go down on your anger. Work things out before going to sleep and then kiss one another just like you just got married and then go to sleep! And brothers, let her go to sleep first to make sure that you live to see another day!

**5 - Make a financial agreement.** Most people know that money is at the root of most of the arguing that occurs between married couples.

The problem happens because there is never enough money to buy all the things that both people want, thus there has to be some compromise somewhere.

The way to avoid fighting over money is to come up with a financial plan that works for both of you. Whether it's a monthly allowance for each person, a previously agreed limit on total expenditures in a time frame, etc. The point is, to avoid fighting over money, every couple needs to have an agreed upon financial agreement and then stick to it.

**6 - Avoid "always" and "never."**

A lot of times couples use the words "always" and "never" when arguing, even when it's not true. Saying things such as "You never say anything nice to me," or "You always disrespect my feelings," does little for the sake of peace. These type accusations only

causes your spouse to feel defensive which is only adding fuel to an already burning fire.

It's better to choose your words carefully and try to be gentle, rather than pushing things out of control. Stay on subject during disagreements. Do not bring past transgressions up and declare total war. When you stay on subject, there is less potential for put-downs and sarcasm, which can cause long-term damage.

**7 – Learn to Let things go.** Consider this fact. Once you've told your spouse how you feel about something, they know it. It's that simple.

So, the obvious question is, why tell them again? In other words, there is really very little to be gained by telling your spouse something over and over again. You've made your feelings known, and it is now up to them to adjust or ignore how you feel. It's not up to you to keep pushing it.

We're not saying never mention it again, but let some time pass by, allow them time to change--if change is in them, and sometimes you have to allow your spouse time to grow up, to mature in marriage. I know what your saying---“It's been 20 years, how longer do I have to wait!?” When you find it difficult being patient with your spouse, just reflect on the Lord's patience continually with you---this should help you.

The fiery darts can be put out, if you do what the Spirit would have you to do and not what your flesh tells you to do.

The flesh will tell you to hate, but the Spirit will tell you to love.

The flesh will tell you to hold on to the anger to the bitterness, but the Spirit will tell you to forgive, to let it go!!

The flesh will tell you to beat your chest and say I am the man of this house and things are going to go the way I say they are going to go, but the Spirit will tell you to humble yourself!!

Learn to let things go!

**8 - Pause to reflect.** People have a tendency to blurt out things when angry. Sometimes they may mean what they say, and other times they really don't. The way to avoid this is to pause and think through what it is you want to say before actually speaking. This way, you only say the things you mean, and the things you truly want to say.

Never say anything that you wouldn't want to hear said to you. Things can be said in the heat of the moment that we regret for a long time.

Take a moment and step away before an argument becomes too heated. Try to figure out if there are any underlying concerns that have nothing to do with the situation at hand. Then address that situation in a respectful manner.

**9 - Consider what's best for both of you.** It may seem difficult when you are all upset about something, but it is possible to step back when you see emotions begin to rise, and to ask yourself what is the best thing for both of you, rather than what is best for only you. Doing this can dramatically reduce the frequency of arguments between the two of you.

**10 - Choose your battles.** Finally, there is that old cliché about choosing your battles wisely. There is some truth to this of course, but in the best case scenario, you won't have to choose your battles at all, because you and your loved one will have learned to avoid having battles over issues and can resolve them peacefully with no hurt feelings on either side.

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## **WHAT DOES THE BIBLE SAY ABOUT KEEPING THE PEACE?**

**Romans 14:17-19** *For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit. Whoever thus serves Christ is acceptable to God and approved by men. So then let us pursue what makes for peace and for mutual upbuilding.*

**2 Corinthians 13:11** *Finally, brothers, rejoice. Aim for restoration, comfort one another, agree with one another, live in peace; and the God of love and peace will be with you.*

**Mark 9:50** *Salt is good, but if the salt has lost its saltiness, how will you make it salty again? Have salt in yourselves, and be at peace with one another."*

**Luke 6:27** *"But I say to you who hear, Love your enemies, do good to those who hate you,*

**Romans 12:17** *Repay no one evil for evil, but give thought to do what is honorable in the sight of all.*

**Colossians 3:15** *And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.*

*Remember: When you know better, Do better.*

*Bro. and Sis. Nelson*

