Icebreaker:
Tell the group what two items you would bring if stranded on a deserted island and why they would be important to you.

Song of Solomon 5:2–6 (NIV84) — 2 I slept but my heart was awake. Listen! My lover is knocking: “Open to me, my sister, my darling, my dove, my flawless one. My head is drenched with dew, my hair with the dampness of the night.” 3 I have taken off my robe— must I put it on again? I have washed my feet— must I soil them again? 4 My lover thrust his hand through the latch-opening; my heart began to pound for him. 5 I arose to open for my lover, and my hands dripped with myrrh, my fingers with flowing myrrh, on the handles of the lock. 6 I opened for my lover, but my lover had left; he was gone. My heart sank at his departure. I looked for him but did not find him. I called him but he did not answer.

1. Act, don’t react.
   a. Even great couples have misunderstandings.
   b. He saw the fight coming and chose to leave for space and perspective.
   c. He let God deal with her heart, and he went to the place where God could deal with his heart.
   d. She focused on the good, not bad.

Question: What is your initial reaction when someone overreacts?

2. Communicate, don’t retaliate.

Rules of Talking
Never speak rashly.
Never resort to name-calling.
Never stomp out of a room and leave.
Never raise your voice in anger.
Never be condescending.

Rules of Listening
Listen with PATIENCE until your spouse speaks.
Listen with your face.
Listen until your spouse has finished speaking.

Question: What area of talking and listening is the most difficult for you?

Nothing can end a conflict quicker than these two things:
• A repentant heart on the part of the person who has wronged the other.
• A heart overflowing with unconditional love and forgiveness on the part of the person who has been wronged.

Question: What happened the last time you softened and asked for forgiveness during a conflict?

Prayer focus: Pray for one another to improve in these areas of discussion.