# A Man's Role in Healing Marital Conflict



Explore biblical insights on humility, active listening, and conflict resolution for men to nurture healing and harmony in marriage.





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#### Introduction

**Marriage** is a sacred covenant designed by God, reflecting the profound relationship between Christ and the Church. For men, stepping into their God-ordained role within marriage means embracing qualities that often challenge cultural norms: humility, empathy, and servant leadership. Conflict is inevitable in any relationship, but how a man responds sets the tone for healing and restoration.

During this 7-day study, you'll explore practical and biblical truths centered on a man's responsibility in resolving marital tensions. *Humility* is the foundation—choosing to put aside pride and listen deeply before responding. Active listening not only opens the door for your wife's heart to be heard but also softens your own, enabling genuine understanding. Biblical conflict resolution requires patience, grace, and a willingness to seek peace above being right.

Each day offers scriptural wisdom and reflective questions to help you internalize God's design for relational harmony. Prepare to be challenged and encouraged to become a healing presence in your marriage. Remember, this journey is not about winning arguments but about fostering connection and embodying Christ's love in every interaction. Let this study guide your transformation as a husband, leader, and follower of Christ in the sacred partnership of marriage.  $\bigwedge$ 

















Day 1: ① Embracing Humility as Strength

#### Your Verse

Philippians 2:3 - "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."

#### **Supporting Scriptures**

- James 4:6 "God opposes the proud but shows favor to the humble."
- Ephesians 4:2 "Be completely humble and gentle; be patient, bearing with one another in love."







Day 1: ① Embracing Humility as Strength

#### Devotional: Strength Found in Humble Hearts

**Humility** is not weakness, but the Christlike strength to put others first, especially your wife. In marital conflict, pride tempts us to defend our position aggressively, but God calls us to a higher standard. *True humility values your spouse's feelings and perspectives even when you disagree.* Philippians 2:3 challenges us to consider others more important than ourselves—an essential mindset for healing in marriage.

Reflect on how pride might be fueling tensions with your wife. Are you more focused on being right or on understanding and reconciliation? Humility opens the door for grace and genuine communication. This does not mean passivity or weakness; it means intentionally choosing love and respect above personal victory.

Prayerfully ask God for the strength to embrace humility and seek peace during conflicts. Remember that Christ humbled Himself for us, and as His followers, we are called to mirror that humility in our closest relationships.







Day 1: **(**) Embracing Humility as Strength

# Reflect and Apply

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Day 1:  $\P$  Embracing Humility as Strength

# **Journaling Prompts**

1.	Identify a recent conflict where pride hindered peace.
2.	Write down ways humility could have changed that situation.
3.	Commit to one action that shows humility in your marriage this week.







Day 1: ① Embracing Humility as Strength

#### Prayer for Today

Father God, today I ask for Your help to walk in humility. Teach me to value my wife's heart above my own pride. Soften my attitude and give me strength to seek peace even when I am tempted to defend myself. Help me mirror the humility of Christ in every word and action. Heal any wounds caused by my selfishness, and restore our unity. May Your love guide me to be a husband who listens, understands, and loves deeply. *In Jesus' name, Amen.* 🙏 💝 🖏

















#### Your Verse

James 1:19 – "Everyone should be quick to listen, slow to speak and slow to become angry."

#### **Supporting Scriptures**

- Proverbs 18:13 "To answer before listening—that is folly and shame."
- Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."







#### Devotional: The Power of Listening Fully

Active listening is a vital skill for men, especially in marriage. It means not only hearing the words but understanding the feelings behind them. Conflict often escalates because one or both partners feel unheard or misunderstood. James 1:19 reminds us to be quick to listen and slow to speak, a countercultural practice that fosters patience and empathy.

Think about your recent conversations with your wife. Are you truly listening, or are you preparing your response as she talks? Reflective listening requires humility and discipline to withhold judgment, remain focused, and validate your spouse's emotions even when you disagree.

By cultivating this skill, you create a safe space where your wife feels valued and respected, opening the door for deeper connection and peaceful resolution. It honors God's design for loving communication and strengthens your marriage bond.







#### Reflect and Apply

	How often do you listen fully during difficult conversations with your wife?
2.	What distractions or attitudes keep you from hearing her heart?
3.	How can you practice slowing down to listen before responding?







# **Journaling Prompts**

1.	Describe a time when your active listening brought peace to a conflict.
2.	List barriers that hinder your listening and ways to overcome them.
	Plan a time this week to practice uninterrupted, focused listening with your wife.







#### **Prayer for Today**

**Lord,** help me become a man who listens with intention and love. Teach me to put down distractions and open my heart to truly hear my wife's thoughts and feelings. Give me patience to be slow to speak and anger, and wisdom to respond with grace. May my listening build her up and reflect Your love. Transform my communication to bring healing and unity. In Jesus' name I pray. *Amen.*







# Day 3: **Pursuing Biblical Conflict**Resolution









Day 3: W Pursuing Biblical Conflict Resolution

#### Your Verse

Matthew 18:15 – "If your brother or sister sins, go and point out their fault, just between the two of you."

#### **Supporting Scriptures**

- Ephesians 4:26–27 "In your anger do not sin"; do not let the sun go down while you are still angry."
- Colossians 3:13 "Bear with each other and forgive one another if any of you has a grievance against someone."







Day 3: W Pursuing Biblical Conflict Resolution

#### Devotional: Walking Toward Peace in Conflict

**Conflict resolution** rooted in Scripture calls for directness, humility, and forgiveness. Matthew 18:15 guides us to address issues privately with a spirit of restoration rather than accusation. For men, leading the way toward resolution means initiating honest conversations focused on reconciliation.

Anger is natural but can become destructive when left unchecked. Ephesians reminds us to manage anger biblically—not allowing bitterness to take root. Forgiveness must be central in every conversation, as Colossians 3:13 encourages bearing with one another and forgiving grievances.

Resolving marital conflict in this manner brings freedom and peace. Rather than escalating disputes or avoiding tough talks, you embrace God's path of love, patience, and grace. Seek His wisdom to walk this path faithfully in your marriage.







Day 3: 💖 Pursuing Biblical Conflict Resolution

# Reflect and Apply

1.	Do you tend to avoid or confront marital conflicts? Why?
	How can Matthew 18:15 guide your approach to disagreements with your wife?
3.	What role does forgiveness play in resolving tensions in your marriage?







Day 3: 💖 Pursuing Biblical Conflict Resolution

#### **Journaling Prompts**

1.	Recall a conflict you resolved using biblical principles.
2.	Write about an unresolved issue and plan a godly way to address it.
3.	List practical steps to forgive and move forward after an argument.







Day 3: W Pursuing Biblical Conflict Resolution

#### Prayer for Today

**Gracious Father,** teach me to handle conflict God's way—with humility, honesty, and forgiveness. Give me courage to address hurts directly and gently, seeking peace above pride. Help me to manage my anger and keep my heart soft towards my wife. Restore any brokenness in our relationship and fill us with Your grace to forgive and reconcile. Guide me in being a peacemaker in my home. *In Christ's name, Amen.* 🔾 🗨 🙏

















Day 4: V Leading with Servant Heart

#### Your Verse

Mark 10:45 - "For even the Son of Man did not come to be served, but to serve."

#### **Supporting Scriptures**

- 1 Peter 5:2 "Be shepherds of God's flock... not because you must, but because you are willing, as God wants you to be."
- Philippians 2:4 "Look not only to your own interests, but also to the interests of others."







Day 4: V Leading with Servant Heart

#### Devotional: Servant Leadership Transforms Marriage

**True leadership in marriage** mirrors Christ's servant heart. Mark 10:45 reminds us that leadership is not about domination but selfless service. A man who leads well puts the needs of his wife above his own, cares attentively, and seeks her welfare.

1 Peter encourages willingness and eagerness in shepherding others—a posture that nurtures trust and respect. Philippians urges consideration of others' interests, a critical counter to selfishness in marital conflicts.

Leading as a servant fosters an environment where healing and unity can thrive. When you serve with joy and humility, you reflect Christ's love and create a foundation for peaceful resolutions, demonstrating strength through surrender.







Day 4: 🖓 Leading with Servant Heart

# Reflect and Apply

How do you currently view your role as a husband and leader?
In what ways can servant leadership reshape your responses to conflict?
How might putting your wife's interests first influence your marriage dynamic?







Day 4: 🖓 Leading with Servant Heart

# **Journaling Prompts**

1.	List practical ways to serve your wife daily.
2.	Reflect on obstacles to servant leadership in your life.
3.	Write a commitment statement to lead with Christlike humility.







Day 4: V Leading with Servant Heart

#### Prayer for Today

**Lord Jesus,** teach me to lead with a servant's heart. Help me lay down pride and selfishness to serve my wife with love and humility. Guide me to put her needs above my own, reflecting Your example. Give me joy in sacrificial leadership that builds our marriage and honors You. Empower me to shepherd our home with grace and patience. *Thank You for Your servanthearted love. Amen.*

















Day 5: Speaking Words that Heal

#### Your Verse

Proverbs 15:1 - "A gentle answer turns away wrath, but a harsh word stirs up anger."

#### **Supporting Scriptures**

- Ephesians 4:15 "Speak the truth in love."
- Colossians 4:6 "Let your conversation be always full of grace, seasoned with salt."







Day 5: 💁 Speaking Words that Heal

#### Devotional: Healing Through Words of Grace

**Words carry the power** to harm or heal within marriage. Proverbs 15:1 teaches that gentle answers can defuse anger and open doors to reconciliation, while harsh words often inflame conflict.

As a husband committed to healing, choosing your words carefully is crucial. Speaking truth in love, as Ephesians exhorts, requires balance—being honest yet kind, firm yet compassionate. Colossians encourages conversations to be full of grace, seasoning your speech with wisdom that uplifts instead of wounds.

Consider how your words affect your wife's heart, especially during conflict. Strive to be a man whose speech builds up, restores, and reflects God's gentleness. Healing begins with communication cultivated in love and care.







Day 5: 💁 Speaking Words that Heal

# Reflect and Apply

1.	How do your typical responses in conflict affect your wife emotionally?
2.	What changes can you make to speak more gently and truthfully?
3.	When has gentle speech turned a tense moment into healing?







Day 5: 🙎 Speaking Words that Heal

# **Journaling Prompts**

1.	Recall a situation where your words hurt or helped your wife.
2.	Write down affirming phrases to use during conflicts.
3.	Plan how to respond gently next time you disagree.







Day 5: Speaking Words that Heal

#### **Prayer for Today**

**Father,** guide my tongue to speak words that heal and build up. Help me respond with gentleness even when challenged. Fill my heart with Your love so that my speech reflects Your grace. Teach me to speak truth with kindness and patience, fostering peace in my marriage. May my words bring life and restoration to my wife and our relationship. *Thank You for hearing my prayer. Amen.* 







# Day 6: X Building Trust Through Consistency









Day 6: K Building Trust Through Consistency

#### Your Verse

Proverbs 3:3 – "Let love and faithfulness never leave you; bind them around your neck."

#### **Supporting Scriptures**

- Psalm 15:1-2 "Who may dwell in your sacred tent? ... The one whose walk is blameless ... who keeps an oath even when it hurts."
- 1 Corinthians 13:7 "Love always protects, always trusts, always hopes, always perseveres."







Day 6: K Building Trust Through Consistency

#### Devotional: Consistency Cultivates Deep Trust

**Trust is the foundation** that supports healing in marital conflict. Proverbs 3:3 calls us to maintain love and faithfulness consistently, binding these qualities ever close. For a man, this means living with integrity, keeping promises, and walking blamelessly before God and spouse.

Psalm 15 highlights the character of one who dwells with God—an essential model for husbands striving to build trust. Even when it's difficult, faithfulness and honesty create safety in marriage.

Love, as described in 1 Corinthians, always trusts and perseveres through challenges. Building trust takes time and consistent effort, demonstrating reliability in both big and small things. Trustworthy actions soothe injured hearts and pave the way for true healing.







Day 6: 🚜 Building Trust Through Consistency

# Reflect and Apply

1.	Are your words and actions consistent in your marriage?
2.	Where might inconsistency have damaged trust with your wife?
3.	How can you intentionally demonstrate faithfulness starting today?







Day 6: 🚜 Building Trust Through Consistency

#### **Journaling Prompts**

1.	List promises you have made to your wife, reflect on their fulfillment.
2.	Identify areas to improve consistency in your behavior.
3.	Commit to one trust-building habit and plan how to maintain it.







Day 6: **%** Building Trust Through Consistency

#### Prayer for Today

Lord God, help me to be a man of integrity and faithfulness. Teach me to honor my commitments and walk blamelessly before You and my wife. Build in me the character to be trustworthy in all things and consistent in love. Heal any breach of trust and strengthen our marriage foundation with Your steadfast love. May I reflect Your faithfulness daily. In Jesus' name, Amen. 🛠













# Day 7: Reflecting Christ's Love in Marriage









Day 7: Neflecting Christ's Love in Marriage

#### Your Verse

Ephesians 5:25 – "Husbands, love your wives, just as Christ loved the church and gave himself up for her."

#### **Supporting Scriptures**

- 1 John 4:19 "We love because he first loved us."
- Romans 12:10 "Be devoted to one another in love. Honor one another above yourselves."







Day 7: Neflecting Christ's Love in Marriage

#### Devotional: Love That Reflects Christ's Sacrifice

At the heart of a man's role in marital healing is the command to love sacrificially, modeling Christ's self-giving love. Ephesians 5:25 sets a high standard—we are called to give ourselves fully for our wives, putting their good above our own.

1 John 4:19 reminds us that our capacity to love flows from God's eternal love for us. When we stay rooted in Him, our marriages reflect that divine love and grace. Romans encourages devotion and honoring one another, embodying mutual respect and care.

As you close this study, reflect on how Christ's love empowers you to be a humble listener, a patient leader, and a peacemaker. Your role in healing marital conflict is a sacred calling to reveal God's heart through your words and actions. Trust His strength as you continue nurturing a marriage marked by grace and unity.







Day 7: ★ Reflecting Christ's Love in Marriage

# Reflect and Apply

1.	How does Christ's love inspire your role as a husband?
2.	In what ways can you show sacrificial love in daily conflicts?
3.	What does it mean to honor your wife above yourself practically?







Day 7: ★ Reflecting Christ's Love in Marriage

# **Journaling Prompts**

1.	Write about how God's love has changed your perspective on marriage.
2.	List tangible ways to show sacrificial love to your wife.
3.	Plan a deliberate act of love that reflects Christ this week.







Day 7: ★ Reflecting Christ's Love in Marriage

#### **Prayer for Today**

**Heavenly Father,** thank You for the perfect example of love in Jesus Christ. Fill me with His Spirit to love my wife sacrificially and humbly. Help me mirror His self-giving heart, especially in times of conflict. Empower me to honor her above myself and nurture our marriage with grace, patience, and devotion. May our union be a testimony of Your redeeming love. *In Jesus'* name I pray, Amen. �� •







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