

The Conference Table...

(Use the conference table as a tool to help you apply Biblical truth to the difficult conversations in your marriage.)

1. Pick a time and place to meet.
2. Begin the meeting by reading **Ephesians 4:25-32**, allowing the rules of communication for the conversation to come from these verses... (speak the truth, words should build up, words should be kind, and we should be ready to forgive)
3. Pray for God's help together.
4. The first person to speak should begin by asking for forgiveness if needed, affirm the relationship, and then explain his/her concerns.
5. The second person to speak should also begin by asking for forgiveness if needed and then repeating back what he/she heard the other say. Next he/she explains his/her concerns.
(Do NOT interrupt one another, but take turns speaking in this way.)
(If anyone says/does something against the rules of communication found in Ephesians 4:25-32, then the other person simply raises his/her hand as a sign of it.)
6. Write down any resolutions that you come to in the conversation.
7. Close the conversation in prayer.
(Keep the conversation to 1 hour or less, even if things are not fully resolved yet. You can always come back to the conversation later.)