

Truth And Conflicts



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Scripture quotations are taken from the Holy Bible, King James Version, Cambridge, 1769.

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John 8: 32 “And ye shall know the truth, and the truth shall make you free.”

Recently, my husband and I had a disagreement. I felt he should have offered me emotional support when he did not, and I yelled at him for not being there for me. This was not exactly my proudest moment as a wife.

Anyway, later in the evening after my yelling, God began to get my attention. He reminded me of how badly I acted earlier in the day towards my husband. How hateful and spoiled I had acted. I saw myself through my husband's eyes, and I did not like what I saw. I cried and repented. But, that was not the really amazing part...

After I repented of my actions, God reminded me of something very important in dealing with disagreements in relationships. (Any relationship, not only marriage). When I first felt angry that my husband was not supportive enough, instead of flying off the handle, I should have gotten in prayer. The situation was not terribly serious, so I should have asked God why was I reacting this way? What triggered this unjustifiable anger? What was the truth in this situation? So, better late than never, I did ask God these questions. He reminded me that in my life, I have not been able to depend on many people for emotional support. In fact, more often than not, I was the one who people depended on for support without offering any in return during my times of need. I was angry about feeling as if I always had to be "the strong one," so I took that anger out on my husband. I cannot put into words how deeply this affected me! My anger at him was suddenly put into perspective-yes, it would have been nice if he would have been there for me, but he was not. I handled the situation fine without his assistance, no harm done.

So now what to do with this knowledge, I wondered.

First, I repented (again). I told God how sorry I was for unfairly taking anger out on my husband. Then, I asked God for more truth- was it really necessary for me always to be available to these people? He said no- that is His job, and if I am not up to the task, then I need to set (and enforce) boundaries. I felt a weight lift off my shoulders immediately! I was also able to release that anger at those who had relied on me so much. I did not tell them no, so I allowed them to use me! How could I be angry at them when I was partly responsible for their mistreatment of me? Then, I apologized to my husband and explained what God showed me. He forgave me immediately, I am happy to say.

As much as I detest disagreements, I am glad this one happened. It reminded me of important steps to take when there are disagreements in relationships:

- 1- Before reacting, take a moment to get alone with God. Ask questions like, "Why am I reacting so strongly? Is there a deeper issue? What is the truth?"
- 2- Listen for an answer. God does not always speak in obvious ways. He may bring memories to the surface, or speak to you through a song, someone on television, or even through a book. However He chooses to speak to you, you will know in your heart it is Him.
- 3- Repent of any bad behavior on your part to God, and ask Him to help you change so you do not do it again.
- 4- Ask for forgiveness from the other person. In the story I mentioned above, I told my husband that I was sorry for how I spoke to him, but not for what I said. You have a right to make your feelings known, but not in an abusive way. Yelling was not appropriate, but telling him I need his support sometimes was.

I pray this information blesses you like it has me!