

WEEK 3

Skills That Sustain Love

Communication, Conflict & Emotional Safety

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Our **Key Thought** Today

Healthy relationships are not conflict-free, they are skill-full.



Key Truth

Love doesn't fail because people disagree - it fails because people don't know how to disagree well.

“

**“Conflict is not the enemy
of love – unskilful
communication is.”**

Key Scriptures

- James 1:19
- Ephesians 4:26–32
- Proverbs 15:1
- Colossians 3:12–14

Skill 1 – Communicating with Clarity

How We Speak Under Pressure

Alignment Principle - Clarity

- Clear communication is kind.
- Clarity without cruelty builds trust and prevents confusion.

NKJV

Communication Styles

- Passive
- Aggressive
- Passive Aggressive (Manipulative)
- Assertive (Healthy & Biblical)



Key Point

Assertiveness is clarity without cruelty.

“

**“Clear communication builds
trust; unclear communication
breeds conflict.”**

Skills 2 – Listening for Understanding

Not to Win

Alignment Principle - Understanding

- Listen for the person, not just the problem.
- Understanding comes before agreement.

Unhealthy Listening

- Interrupting
- Planning your response
- Minimising feelings
- Deflecting responsibility

Healthy Listening

- “Help me understand.”
- “What I hear you saying is...”
- Validate without abandoning truth
- Respond calmly and specifically



Key Point

You don't have to agree to understand, but you must understand to stay connected.

“

**“Most conflicts are not about
being right – they are about being
heard.”**

Skill 3 – Resolving Conflict

Not avoiding conflict

Alignment Principle – Timely Repair

- Repair quickly.
- Restore trust.

Conflict Avoidance

- Silence instead of solutions
- Withdrawing
- Delaying conversations
- Pretending it didn't happen

Conflict Resolution

- Timely conversations
- Clear boundaries
- Shared responsibility
- Repair and reconciliation

Key Point

- Avoidance delays healing.
- Resolution invites healing.

“

“Avoided conversations don’t disappear they accumulate.”

Skill 4 – Creating Emotional Safety

Alignment Principle - Safety

- Safety is the soil where intimacy grows.
- If people don't feel safe, they won't be real.

NKJV



Key Point

You cannot grow intimacy where people don't feel safe.

“

“People open up where they feel safe, not where they feel judged.”

Skill 5 – Disagreeing Without Dishonour

Alignment Principle - Honour

- Disagree without disrespect.
- Honour protects love when emotions rise.

Boundaries for Healthy Disagreement

- No name-calling
- No shouting as strategy
- No public shaming
- No threats
- Stay on the issue



Key Point

You can disagree without dishonouring the person you love.

“

“Disagreement doesn’t destroy relationships – disrespect does.”

Skill 6 – Repairing Through Forgiveness

Alignment Principle - Restoration

- Repair is the proof of maturity.
- Forgiveness reconnects what conflict fractures.

A Healthy Apology Includes:

- “I was wrong.”
- “I see how that hurt you.”
- “I will do better.”
- “How can we rebuild trust?”

Forgiveness

- A decision, not a feeling
- Releases the debt
- Restores connection over time

Key Point

- Forgiveness restores connection.
- Pride prolongs separation.

“

**“Mature love is revealed not by
the absence of conflict, but by
the speed and humility of repair.”**

Session Summary

Strong love isn't silent - it's skillful.