





**Marriage is not easy  
When challenges or conflicts  
arise, hitting the RESET button  
can restore peace and harmony  
and build a strong,  
enjoyable, meaningful  
relationship—with  
Jesus at the center.**



**RESET**

- 1. Commit to Learn.**
- 2. Listen with your heart.**
- 3. Keep your emotions under control.**
- 4. Think before you speak.**
- 5. Focus on your own blame.**



**WHEN  
CONFLICTS  
ARISE???**



**RESET &  
RESTORE**

*1 Peter 3:18*

**18 For Christ also suffered once for sins, the righteous for the unrighteous, that he might bring us to God, being put to death in the flesh but made alive in the spirit...**

*Romans 5:3*

**3 suffering produces  
endurance, endurance  
produces character, and  
character produces hope...**





**John 8:6-8**



**25 I, I am he  
who blots out your  
transgressions for my  
own sake,  
and I will not remember  
your sins.**

**Isaiah 43:25**



**RESET &  
RESTORE**