



Effective Ways to Resolve Marital Conflicts from a Christian Faith Perspective

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ARTICLE INFO

Keywords: Marriage, Marriage Conflicts, Marital Conflict, Causal of Marital Conflict

Received : 7, May

Revised : 21, May

Accepted: 23, June

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ABSTRACT

Marriage today is highly vulnerable to divorce due to unresolved conflicts. Husbands and wives need to understand the causes of conflict and how to resolve them in order to have a harmonious married life based on the Christian faith perspective. The method used in writing this journal is a literature study, drawing from statistical data, surrounding phenomena, and ways to resolve conflict according to the Bible. Through understanding the causes and solutions to conflict, it is hoped that this can benefit married couples by helping them build a strong marriage and grow in their knowledge and application of God's Word in their marital life.

INTRODUCTION

One of the foundations of married life is found in Ephesians 5:22 which reads, "Wives, submit yourselves to your husbands as to the Lord, for the husband is the head of the wife just as Christ is the head of the church." Here it is clear that it is written that the duty of a wife is to be submissive to her husband. As for the husband, "husband, love your wife as Christ loved the church and gave himself up for her to sanctify it, after he had sanctified it by bathing it with water and the word, so that he might place the church before him with brightness without blemish or wrinkle or the like, but that the church might be holy and without blemish".

Since the emergence of the Corona Virus Disease which appeared in 2019 which is better known as Covid 19. This pandemic has caused a change in the pattern of married life, including in Christian marriages. Changes in conditions that are limited to activities, travel, recreation and face-to-face with others give rise to many aspects of life that need adjustment and adaptation. If originally husband and wife could interact and meet face-to-face with others, since the emergence of Covid 19 in 2020, this is very difficult to do due to limited movement space that limits all activity spaces. This makes husbands and wives have a narrower space to interact with each other. The limitation of activities during the Covid-19 pandemic makes it difficult to meet face-to-face with others, and makes the space for movement even narrower. Husband and wife, who originally had a large space, regular face-to-face activities, suddenly experienced changes, becoming limited. From face-to-face, it turned digital and online.

This causes social, cultural and societal impacts, including marriage. With the change in the pandemic situation, *stress* has been brought into all aspects of life. In addition to interaction problems, the Covid pandemic has also resulted in economic crises and recessions. Even in 2022 to 2025, employee reductions and layoffs continue to occur in our homeland.

Life that was once peaceful, calm and stable, turned into many crises, recessions that caused problems and conflicts. Since the Covid-19 pandemic, the divorce rate in households has increased when compared to before Covid. According to statistical data written by Ahmad Djulfaroh in 2022, the causes of the increase in divorce are economic factors, disputes/conflicts, infidelity, etc. To reduce this divorce rate, it is necessary to reduce the causative factors.

In this study, the author is interested in discussing more deeply about how to overcome and resolve marital conflicts. Husbands and wives must be able to manage conflicts in their households and solve problems in their marriage.

Unresolved conflicts will put the marriage in a misalignment and may end in divorce. The opinion of Batool and Khalid (2012), states that a healthy marriage does not mean that the marriage does not experience conflict, but rather how married couples find effective solutions to the problems they experience. In line with Thomas' research (in Batool and Khalid, 2012), effective resolution of conflicts can bring calm and unify differences in perceptions. It takes honesty and a desire to resolve conflicts to maintain a marriage.

God hates divorce, therefore to maintain a marriage, a married couple needs a way in attitude, action, mentality, words and the ability to resolve

conflicts in marriage. It takes several ways (unity) to create a harmonious husband-wife relationship. This is highly dependent on the biblical performance of the roles of husband and wife. Understanding the roles of husband and wife will determine success in marriage.

Several Literature Reviews that the authors found ranged from data on the divorce rate during the Covid-19 pandemic to post-divorce data in 2024. Where the divorce rate has increased sharply and the causes of divorce as seen in the 2020 table below.



In the table above, it can be seen that the biggest factor in divorce during the Covid-19 pandemic is conflict (Cekcok).

In 2024, the highest causes of divorce due to continuous disputes and quarrels and economic factors are 251,828 quarrel factors and 108,488 economic factors. Even in the first 3 months of 2025, according to data from the Religious Court in Surabaya, there will be 1,471 divorce cases in Surabaya in 2025. Divorce in Surabaya in 2025, in addition to being caused by prolonged fights, is also caused by addiction problems such as online gambling, online loans and family financial crises.

From the data found in the field, the author has a problem formulation, namely from the causes of marital conflicts that occur in society, how to resolve conflicts that occur in marriage so that they do not become divorces? How to resolve conflicts that occur in marriage in accordance with the teachings of the Bible? The author also wants to know what obstacles exist in resolving conflicts in marriage and how to build a strong and blessed marriage according to Bible teachings?

The purpose of this study is to find out the factors that cause conflicts to occur in Christian marriages, how to resolve conflicts in a healthy way, communication needed to overcome conflicts that occur and find out what things that can hinder conflicts can be resolved in Christian marriages.

By knowing all of the above, the author hopes that this research can provide benefits to be able to be used as a guide if a husband and wife experience conflicts in their marriage, so that they can build a healthy marriage in Christ and avoid divorce that is hated by God.

LITERATURE REVIEW

Conflict in marriage is normal and can be triggered by differences in communication, expectations, and life pressures. From the perspective of the Christian faith, marriage is seen as a sacred covenant between husband, wife, and God, so conflict resolution must be based on the values of love, forgiveness, and humility as taught in the Bible (Ephesians 5:31-33; 1 Corinthians 13). The conflict resolution approach in the Christian faith emphasizes honest communication, shared prayer, and forgiveness as a manifestation of God's grace. In addition, the church and faith community play an important role through pastoral counseling and spiritual formation for couples. Research shows that applying Christian principles in marriage helps couples resolve conflicts more peacefully and strengthens their marital commitments.

METHODOLOGY

In accordance with the findings and facts in the field, the author is interested in conducting literature studies to find out effective ways to resolve marital conflicts. The author hopes that this method can be information and reference in resolving marital conflicts which will have an impact on reducing the divorce rate. Literature study is a research method by tracing relevant writing sources that have been made before. In other words, the term literature study is also very familiar with the term literature study.

Proses yang dilakukan pada penelitian ini memiliki serangkaian kegiatan seperti pengumpulan data Pustaka adalah dengan cara memilih sumber Pustaka yang relevan, Menelusuri sumber Pustaka, membaca sumber Pustaka dan melakukan pencatatan sumber Pustaka yang ditemukan dan mengolah fakta penelitian.

RESULTS AND DISCUSSION

In this section, the author will explain about Christian marriage, the causes of marital conflict, the obstacles that occur in resolving marriage, and how to resolve conflicts in accordance with the Bible.

Definition of Christian Marriage

In Genesis 2:24, it reads: "Therefore a man will leave his father and his mother and be united to his wife, and the two will become one flesh." This has the sense that marriage is a work and an idea from God. All humans expect a happy and harmonious marriage. As it is written in Genesis 1:27-28; 2:19, 21-25 says that God actively designed and united humans, male and female, and blessed them into a family.

Christian marriage is monogamous, which means that there is only one husband and one wife. As it is written in Mark 10:9 which reads: "That which God hath joined together, let no man put abet." This means that for Christians marriage is sacred, because God Himself unites and binds men and women into husband and wife with the promise they make is holy before God. By maintaining the marriage bond, husband and wife have honored God.

Marriage in the Christian faith is a covenant made before God and before fellow members of the Christian family. Such a promise endures, not because of

the force of law or fear of its sanctions, but because an unconditional agreement has been made. A more solemn, more binding, more permanent agreement than any legal contract. In Ephesians 19:6 it says, Therefore, what God has joined together, let no man put abet. So marriage is the will of God, God who unites man and woman so that they become one flesh. The purpose of marriage is that God wants to form each couple in the process of sanctification so that they are more like Him. Therefore, it is clear that "the purpose of marriage in Christianity is *growth*. Marriage is a tool that God has made so that humans can grow to become more mature. Because only then can man become worthy to be God's partner/co-worker. In marriage, God's image is born and grows perfect.

In this union God desires harmony, as written in Psalm 133:1-3, David's Pilgrimage Song. "Truly, how good and beautiful it would be if you lived together in harmony! Like good oil on the top of the head melted into the beard, which melted into Aaron's beard and into the neck of his robe. Like the dew of Mount Hermon that descends upon the mountains of Zion. For there the Lord commands blessings, life forever." We understand the meaning of Christian life is to live together in harmony, both personally, in families, and with fellow people of God and in society, because that is why we are called as children of God, if we love harmony. Christian marriage as a symbol of Christ's willing sacrificial love for His church. Because of this, God says that everything must be based on love.

But in life together many disputes and problems occur in life, which makes conflict in Christian marriage. As Christians we cannot run away from conflicts and problems.

Causes of Conflict in Marriage

Conflicts in the Great Dictionary of the Indonesian Language (KBBI) are quarrels, disputes, and conflicts. Conflict in marriage is a conflict between husband and wife that is integral in married life. Conflict comes from the Latin verb "*configere*". It means hitting each other. According to Sofia Gussevi Conflict is a problem that arises and causes quarrels, disputes, or clashes between individuals or more. If the conflict is not resolved as soon as possible, it can cause serious problems. The occurrence of conflict is normal, and every individual must understand and understand the factors that cause the conflict.

Conflict in this case is a conflict that occurs between a married couple that is expressed through disputes (squabks) or anger between each other. In general, disagreements or anger can be expressed in various ways, nonverbally, namely through looks or body language or verbally, namely through words, shouts and even cursing. Anger in marital conflicts is also sometimes expressed with slamming expressions, expressing hostility such as refusing to talk to your partner, abusive language, running away from home, domestic violence, infidelity and divorce.

Conflict over Violations of the Bible

According to the Bible, marital conflict can occur because of unfaithfulness, as it is written: "Did not the One God make them flesh and spirit?

And what does the union want? Divine descendants! So take care of yourself! And let no man be unfaithful to his wife from his youth." Malachi 2:15. In addition, conflict occurs due to the presence of bad characters in one or both individuals in a married couple, such as anger (Proverbs 15:18), pride (Proverbs 13:10), hatred and lack of love (Proverbs 10:12), dishonest and deceitful heart (Proverbs 6:14), selfishness (Genesis 26:20), infidelity to one's spouse (Malachi 2:14).

The causes of conflict, mentioned by the Bible, affect married life in many aspects. As a result of the conflicts that occur, it can create quarrels, disharmony and even separation. For this reason, the conflicts that arise need to be resolved properly and in accordance with the principles in the Bible.

Conflict Due to Differences

Some of the factors that cause conflict are, differences in personality, differences of opinion, cultural differences, past trauma, domestic violence, bitterness, feeling unappreciated, not listened to and understood, economic factors, differences in vision and mission can also cause conflict in the household. Husbands and wives must first understand the factors that cause conflicts in their households before trying to resolve them.

According to marriage counselor Johana Rosalina, there are at least seven sources of conflict in marriage, namely problematic behavior, infidelity, communication, finances, intimacy, children, in-laws, and brothers-in-law. These things can be the cause of conflict in marriage if they are not well understood.

Conflict Due to Past Wounds

Past wounds that the individual has suffered and have not resolved. If the husband and wife do not recognize the background and past of their partner, then if there is a conflict, the husband and wife cannot understand what the cause of the conflict is, whether there are past wounds carried by their partner, so that unknowingly the husband and wife will be trapped in a situation of pressing each other's wound buttons and not resolving the conflict. If the wounds of the past are not healed, it will continue to hinder and shackle the individual to grow in relation to himself, God and his neighbor. So that conflicts that occur in marriage cannot be resolved completely. Through the understanding and healing process of past wounds, the individual is released from the bonds of past wounds and frees him to become a whole person before God and man. Thus the individual can see the problems in his marriage and can solve them. Sometimes to heal past wounds or traumas, mediation and counseling are needed by professionals and pastorals. Mediation is a process of resolving conflicts between two or more individuals through discussion, negotiation and finding solutions or solutions with the help of a neutral third party. This mediation party does not have the authority to decide on solutions or ways to solve problems. The mediation process must be the result of the consent of the individual in question. In KBBI, a mediation means as a third party, in resolving a dispute is as an advisor.

Obstacles to Resolving Conflicts

There are several obstacles that occur in resolving marital conflicts. These obstacles can be in individuals, couples and also from outsiders. Obstacles that are inherent in oneself are a lack or lack of understanding of Bible principles, sin, transgression, shortness of breath and unresolved emotional wounds. There is an egocentric factor, always demanding, not wanting to listen to input from your partner, feeling always right, wanting to win on your own. There are also reasons why individuals cannot respect their partners, feel smarter and view their partners as having to obey (especially wives who must submit to their husbands). In addition, because individuals who do not want to be responsible, are too dominant, speak harshly, do not have a good way of communicating with their partners, focus on mistakes and do not look for solutions, even those who like to play domestic violence (KDRT). These things will make the conflict even bigger and harder to overcome.

In addition, obstacles in resolving conflicts can be caused by parties outside the husband and wife who interfere which can muddy the situation. Outside parties commonly called third parties are families whose family includes parents, in-laws, siblings and close relatives. Third parties can also be friends and best friends, such as office colleagues, best friends, especially the opposite sex, can be a source of jealousy or distrust. The involvement of third parties can greatly affect the relationship between husband and wife, both through support and pressure if they interfere too much, and even feel entitled to determine the direction of the marriage.

How to Resolve Conflicts

Obstacles in resolving the conflict must be eliminated and stopped so that the conflict can be resolved. Husbands and wives must sit together and resolve conflicts that occur in their marriage by identifying conflicts, resolving personal obstacles such as controlling emotions, restoring the soul, using the biblical basis of practicing love, learning to communicate and supporting each other in resolving these conflicts.

Identifying Conflicts

Identifying conflicts, by finding out the cause of the conflict that arises is caused by what? By identifying what conflicts are caused by them, the individual and the couple know what to do next. After knowing, individuals must be willing to confess to God, themselves and their spouse and others who are affected and enter into the conflict. Individuals need to ask God for forgiveness if they commit transgressions and sins. Furthermore, individuals and married couples must be willing to commit to living again in accordance with the truth of God's Word.

Emotional Control

Emotional control is very necessary for both parties, both husband and wife. In Tania Hardiyani (2013) research, there is no difference in the ability of husbands and wives to control their emotions. So between husband and wife they have the same ability to control their emotions, success in controlling

emotions depends on the efforts and willingness of each individual. The success of controlling the emotions of each individual will have an impact on the next process, namely the husband and wife to sit together to communicate with each other to find solutions and solutions.

It is necessary to understand the partner, when the partner's mood is good, their emotional condition, what the level of stress and what events they are experiencing. Every human being experiences a life of ups and downs and there are certain times in life when everything is easy and fun, but there are times when everything feels heavy and problems come one after another. This time or situation in life can be categorized into several groups.

Here the author tries to explain the situation experienced by couples with the term Season in marriage because marriage does not always go well. There are times when marriage enters a season full of problems. According to Gary Chapmann, married life has its ups and downs. Married couples need to understand that life does not always go well, there are times when life seems to be not going well. Some seasons in life that need to be understood are: winter, which is when emotionally hurt, angry, disappointed, lonely and feeling rejected. Spring is the season when we are excited, joyful and hopeful. The hot season is a season of happiness, satisfaction, connection and loving relationships. Autumn is a season of fear, sadness, resentment, hatred and feeling unappreciated.

Recognizing the seasons in life makes individuals aware of what is being faced and what needs to be done, whether the marriage can be resolved together, or needs assistance to resolve conflicts. Every marriage always experiences the four seasons of married life, what needs to be understood is that if we know the patterns and nuances of the seasons in marriage, when it is winter, then we need to resolve conflicts seriously because it has already led to separation and divorce.

It may be necessary to provide assistance from a counselor or pastoral counseling in resolving it. If we are in the summer, when everything is going well, it does not mean that we do not need to maintain and maintain everything good for a long time. Cooperation from husband and wife is needed to make a healthy marriage and be able to get out of the conflict that is happening. By recognizing the situation that the partner is experiencing, the individual understands his or her partner better. Understanding what the couple is going through, makes the husband and wife have empathy and understanding for their partner, so that it does not always demand to be understood, but learn to understand. Understanding that your partner is in a good or bad situation, at least it creates understanding from your partner to reduce conflict and arise a sense of love to help provide a solution.

The way to end conflicts that cannot be resolved is to make agreements and common ground, consensus that can be accepted by each party. Both parties need to spend time together to discuss the things that cause conflict such as problems overcoming sins and transgressions, attachments, weaknesses, past wounds, financial management, intimacy needs, in-laws, couples' habits, parenting of children in the family, and getting used to listening to each other with their partners without having bad prejudices.

Restoring the Soul

The conflicts that often arise or have the most impact in marriage are those that must be known and resolved because of their impact on the marriage of the great sanagt. The individual also needs to take care of his psyche. As it is written in 3 Johnnes 1:2, "My beloved brother, I pray that you may be well and sound in all things, just as your soul is well."

In human beings there are 3 aspects, namely spirit, soul, and body. These three elements are known as "TRIKHOTOMY". Trichotomy is the view that human nature consists of three parts, namely:

1. Body (Hebrew: בָּשָׂר - BASAR, *flesh* or שָׂעָר - SHE'ER, *flesh*, or גֶּוֹ - GEV, *body*)
2. The soul (Hebrew: נֶפֶשׁ - NEFESH), and
3. Roh, (Hebrew: רוּחַ - RUAKH).

Which means that God created man, by giving three main elements in man, namely body, soul and spirit. According to 1 Thessalonians 5:23, "may the God of peace sanctify you all, and may your spirit, soul and body be kept perfect and unblemished at the coming of Jesus Christ our Lord."

The soul is emotions, wills, and thoughts. While the body is our body, while the spirit is the breath that God breathes into man. The Spirit has an 'immaterial' nature that allows man to communicate with God, who is also the Spirit.

Wounds to the soul are real. Wounds in the soul can arise from unfulfilled and hurtful thoughts, desires, or emotions that leave scars. where every one of these wounds always leads me to despair. The wounded soul needs to be healed because otherwise it will cause behavior that hurts itself and can hurt others. The soul is real, to heal, these are the 3 things you need.

Injuries to the psyche often occur due to past trauma experienced. If the individual is unable to heal the wound in his soul, then it is necessary to seek the help of an outside party such as, psychologist, counselor or pastoral assistance.

Love

Love is how we give our best for others, including being happy, not taking away the happiness of others and opening the door of our hearts to others.

To resolve conflict in marriage we must return to the biblical principle of Love. As it is written in 1 Corinthians 13:4-8 Love is patient; love is generous; he is not jealous. He is not arrogant and not arrogant. He does not act immodestly and does not seek his own advantage. He is not grumpy and does not hold the faults of others. He does not rejoice in injustice, but he rejoices in the truth. He covers all things, believes all things, hopes all things, patiently endures all things. Love is endless; prophecy will end; tongues will cease; Knowledge will disappear. To have such love we need the power of God to enable it. The foundation of love can be used in marriage and resolve conflicts that occur.

According to the Bible in 1 Corinthians 13:4-8, Christians must have love. But not all married couples have and are able to practice love in their lives and in solving problems in their marriage. The way to practice love is to practice love for your partner.

If a conflict is occurring, then the husband and wife must be patient and level-headed to resolve it, Generosity is to do good to give each other a chance to the couple to explain, if the spouse is guilty then the other party gives forgiveness. Not being jealous means that your partner doesn't accuse you of something that isn't certain to be true. Not boasting is not exalting oneself and demeaning one's partner, not feeling superior to one's partner. Not being arrogant is not feeling right on your own, not feeling innocent and inflicting all the problems on your partner. Not doing something disrespectful is not cheating or abusing one's partner. Not seeking profit is always wanting to take advantage and take all means to gain profit. Not being grumpy is being able to control emotions, control sound and words. Not keeping the faults of others is to be willing to forgive and assume that the problem has been solved or has never happened. Rejoicing in the truth, if the partner admits the mistake and is willing to correct it, then the aggrieved party can be grateful and willing to help the partner to be better. Covering everything up is not telling the other party about the ugliness of the partner except in a situation of seeking help. Believing in everything is believing in restoration in the family and always having good faith to resolve conflicts in marriage. Patience to bear everything is willing to sacrifice for your partner and willing to accompany the process of your partner to be better.

In addition to understanding love, couples must use good words that come from within the heart, such as it is written in the Bible that what we say comes from the heart, if the dirty human heart is not sincere then it will come out with dirty words that eventually cause the conflict not to be resolved but to magnify the problem. Husbands and wives must always turn their hearts to God, because God sees the hearts of people. Husbands and wives can ask the Holy Ghost to lead their lips and words in communicating with their spouses to find solutions to conflicts that occur in marriage.

Communication

According to Dwima (2019), communication is an important factor in creating marital satisfaction. This opinion is also supported by the opinion of Duvval and Miller (1985), that good communication skills are a supporting factor for the creation of satisfaction in marriage. Research conducted by Esere (2008) shows that one of the important factors for marital stability is the role of effective communication.

According to Wright H. Norman, in his book communication is the key to success in marriage, some of the things that make a marriage successful are: the ability to change and tolerate differences, the ability to live with an irchangeable partner, the belief in the eternity of marriage, mutual trust and enjoyment of each other. We must realize that this is necessary to exist in fighting for a healthy and strong marriage. We need an entrance to resolve conflicts on the basis of love, that is, through communication. What kind of communication is needed to resolve conflicts? is a constructive and solution-focused communication in accordance with God's Word as written in the Bible as the basis of the marriage of the Christian Faith.

Good communication skills are needed in resolving conflicts in marriage. Good communication is the unity of several good actions, namely the willingness to listen to the partner, appreciate what the partner experiences and feels, is willing to admit the mistakes made and is committed to improving and building the marriage. As it is written in the Bible, Philippians 4:8, which reads So finally, brethren, all that is true, all that is noble, all that is just, all that is holy, all that is sweet, all that is pleasant to hear, all that is called virtuous and praiseworthy, think of all these things.

It takes self-mastery, resolving past trauma and understanding the partner. According to Vilani (1985), when communication between partners is poor, it can be the cause of failure in marriage. Communication aims to understand each other in a way of thinking and resolving conflicts in marriage. Communication has an important role in a marital relationship that can lead to the development of a relationship and the achievement of satisfaction in marriage by resolving conflicts. Effective communication according to Gary Chapman (1992) consists of 5 love languages that married couples need to know, namely, the first is the words of Affirmation: Words that encourage and build are the mainstay of love for many people and they need it every day. For this language of love, words of praise and reinforcement mean a lot to the couple. The second is quality time: This includes undivided and uninterrupted attention and attentive conversations. For couples who have this love language, time together is the most important in a marriage relationship. The third is receiving a gift: For some people, this is their love language. They really appreciate being given something by their partner. It is not the price of the gift that makes you happy, but who gives it. Fourth is the act of service: Choosing to do the things that the partner wants and the other party does (without always being asked). This is not slavery or being ready for a higher position, but rather doing what the partner likes voluntarily. Fifth is physical touch: This is the primary love language for many people, and without it they will feel unloved and insecure. Married couples must learn their partner's love language style, in order to communicate effectively with their partner and resolve conflicts in their marriage.

Support Each Other

According to Johana Rosalina, couples cannot avoid the source of conflict and must be able to communicate with each other and make a joint solution. Married couples also need to support each other in prayer, forgive each other, and find a middle ground for differences in marriage. Married couples need to build their own values in marriage if the values that exist in the family of origin cannot be compromised. A husband has to leave his parents, this does not mean that a married man does not appreciate and love his parents, but rather emotionally to separate himself from his parents and choose to take responsibility and build a marriage with his wife.

To maintain a marriage, mutual support and the ability to resolve conflicts in marriage are needed. To resolve conflicts in marriage require the will of two individuals to maintain the marriage, effective ways (collectively) are needed to resolve conflicts.

Third Parties

If needed, then married couples can seek help from a neutral third party such as a marriage counselor or pastoral counselor from the local church. This can help to provide direction and encouragement that is neutral, impartial and based on God's Word.

Expected Results

The expected outcome in this marriage is that the reader understands and understands what causes the conflict and can resolve the conflicts that occur in marriage according to the perspective of the Christian faith. The author hopes that this writing can help Christian couples who are experiencing conflict in their marriage and help provide insight for Christian couples to have a correct understanding of marriage and understand the conditions of their marriage. Having knowledge of the language of love for their partner will equip the reader to be able to communicate effectively in resolving conflicts that occur in their marriage. There is a need for emotional control and resolving past trauma wounds. It is necessary to understand the partner and the conditions that the partner is experiencing. If necessary, find someone else who can help who is neutral and has knowledge of marriage and the good Word of God. The author hopes that this article can have a good impact on Christian marriage and strengthen the existing marriage bond.

CONCLUSION

From the discussion above, husband and wife experienced a difficult period during Covid 19 until the economic crisis in 2025. This condition makes conflicts and quarrels increase in marriage and result in an increase in divorce during covid 19 until the crisis. To overcome these problems, husband and wife need to understand the principle of marriage in Christianity, namely that marriage is the work of God, monogamous and the process of growth in its journey. In marriage there will be conflicts caused by violations of Bible teachings, past differences and wounds.

To have a strong marriage, husband and wife need to resolve conflicts. Conflict can be resolved in several ways, namely identifying conflicts, knowing the impact of conflicts, love, restoring the soul, controlling emotions and overcoming obstacles in resolving conflicts. These actions are an effective way to resolve conflicts and live a harmonious and happy life.

RECOMMENDATION

It is recommended that every married couple strengthen their understanding of the Christian principles of marriage, namely that marriage is God's monogamous design and is a process of growth of faith and character. In the face of life pressures such as pandemics and economic crises, couples need to equip themselves with the ability to resolve conflicts in a healthy and spiritual way. Therefore, it is important for churches and Christian institutions to provide premarital and postmarital education, pastoral counseling, and supportive communities that assist couples in building loving communication, controlling emotions, and healing inner wounds. With proper mentoring and strong

spiritual awareness, married couples will be better prepared to face the challenges of marriage and build a harmonious, solid, and blessed home life.

ADVANCED RESEARCH

Advanced studies can be focused on several important aspects. First, more in-depth research is needed to analyze the relationship between a couple's level of understanding of the Christian marriage principle and domestic resilience in the midst of social and economic crises. Second, it is necessary to conduct a study on the effectiveness of pastoral counseling methods and church support communities in reducing the rate of conflict and divorce among Christian couples. Third, quantitative and qualitative research can be conducted to identify the role of factors such as loving communication, emotional control, and healing of inner wounds in resolving domestic conflicts. Fourth, it is also necessary to conduct a comparative study between couples who participate in Christian marriage coaching and those who do not, in order to determine the impact of coaching on marital harmony. With this follow-up study, it is hoped that the church and related institutions can design a more appropriate and contextual approach in strengthening the resilience of Christian marriages in the future.

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