PILLOW TALK
COMPANION GUIDE

Chapter 8 | Hard Talk

Key Takeaway

Healthy marriages don't avoid hard conversations. They learn to face them with **grace, humility, wisdom, and love.**

Lesson Summary

Every marriage will face conflict, disappointment, and difficult seasons. The question isn't whether hard times will come, but how we will respond when they do. Avoiding problems rarely makes them disappear; unresolved issues often grow when left unaddressed. Healthy hard talks begin by asking God for the right perspective and examining our own hearts before focusing on our spouse's faults. Timing and tone matter. **When we choose humility, ask questions, and speak truth in love, we create space for honesty and growth.**

Discuss Together

1) Is there a difficult conversation we've been avoiding?
2) When conflict arises, are we more focused on being right or strengthening our relationship?
3) How can we help each other feel safe, heard, and understood?

Put into Practice

Choose one conversation you've been avoiding. Pray first, choose the right time, and approach it with love. **Don't run from the conversation. Invite Jesus into it.**