



May 5, 2013
How to Have a Good Fight

Ephesians 4:25-32

Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. "In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold. Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need. Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Three ways to respond to disagreements:

- **Clam up**
- **Blow up**
 - Escalation occurs when a person says something negative and their spouse responds with an even harsher statement.
 - Invalidation means putting each other down, calling one another names, or making personal comments or insults.
- **Wise up**

Conflict happens...how do we deal with it?

1. **Don't let problems simmer**
Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. - Ephesians 4:25
2. **Choose your battles wisely**
3. **Remember that you don't have to say everything you think**
When words are many, sin is not absent. -Proverbs 10:19

4. Define the issue clearly

5. State your feelings directly

6. Make a conscious decision to keep your anger under control

In your anger do not sin...Get rid of all...rage and anger. -Ephesians 4:26, 31

My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry. -James 1:19

A hot-tempered man stirs up dissension, but a patient man calms a quarrel. -Proverbs 15:18

7. Give up put-downs

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up, according to their needs, that it may benefit those who listen. -Ephesians 4:29

Get rid of all...slander. -Ephesians 4:31

Be kind and compassionate to one another... -Ephesians 4:32

Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone. -Colossians 4:6

Reckless words pierce like a sword, but the tongue of the wise brings healing. -Proverbs 12:18

It's harder to make amends with an offended friend [husband or wife] than to capture a fortified city. -Proverbs 18:19

8. Keep it private

9. Learn to call a cease-fire

Do not let the sun go down while you are still angry. -Ephesians 4:26

10. Be willing to agree to disagree

11. Apologize

...forgiving each other, just as in Christ God forgave you. -Ephesians 4:32

FORGIVE FULLY...CHOOSE NOT TO BRING IT UP AGAIN

12. Stay close to God

Conclusion:

If you want to have a good fight, you need to remember that the goal is not to see who wins, but to be reconciled.