



I LOVE YOU, BUT YOU'RE
DRIVING ME CRAZY!



Scriptures from New International Version unless noted

FIGHT FAIR

Healthy couples fight fair, unhealthy couples fight dirty
Healthy couples fight for resolution, unhealthy couples fight for victory.

Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.

James 1:19-20

Three Rules to Fight Fair:

1. Stop to listen carefully

Everyone should be quick to listen...

James 1:19

Fools find no pleasure in understanding but delight in airing their own opinions.

Proverbs 18:2

Advice for listening:

- *Repeat back to our spouse what our spouse just said.*
- *Validate their feelings.*

2. Guard your words faithfully

Everyone should be... slow to speak...

James 1:19

Watch your tongue and keep your mouth shut, and you will stay out of trouble.

Proverbs 21:23 NLT

In a fight, ask yourself two questions:

- *Should it be said?*
- *Should it be said now?*

Let no unwholesome word proceed from your mouth, but only such a word as is good for edification, according to the need of the moment, so that it will give grace to those who hear.

Ephesians 4:29 NASB

Question to ask your spouse:

- *What are 3 things that I do that bless you?*
- *What are 3 things I could do that would be an even bigger blessing?*

Rules for the fight:

1. Never call names.
2. Never get historical.
3. Never say never or always.
4. Never threaten divorce.

Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

I Corinthians 13:7 NLT

5. Never quote your pastor.

3. Learn to handle your anger righteously

Everyone should be quick to listen, slow to speak and slow to become angry...

James 1:19

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.

Ephesians 4:26-27

Four warning signs that you're not fighting fair:

- Criticizing
- Contempt
- Defensiveness
- Stonewalling