



'Fight Fair'

[NOTE: If you're not married, you can substitute the term 'close friend' for 'spouse']

Ice-Breakers:

- Share one of the most trivial things you and your spouse have ever fought about.

Questions:

1. Recall one of your early fights as a couple. How has the way you fight changed throughout your marriage?
2. Read James 1:19-20. Pastor Bryan talked about three rules to fight fair...
 - *Stop to listen carefully*
 - *Guard your words faithfully.*
 - *Learn to handle your anger righteously*

In which of these three ways do you and your spouse do well when you fight, and in which ways do you not?

3. Read Proverbs 18:2. Pastor Bryan gave two pieces of advice for listening carefully:
 - *Repeat back to your spouse what your spouse just said*
 - *Validate their feelings*

How are you doing in the arena of being a good listener and how might you improve?

4. Read Proverbs 21:23 and Ephesians 4:29. Pastor Bryan said to guard your words faithfully... and in a fight, ask yourself two questions:
 - *Should it be said?*
 - *Should it be said now?*

How are you doing when it comes to guarding your words and how might you improve?

5. Read Ephesians 4:26-27. Pastor Bryan talked about how to handle your anger righteously. What are some ways you could be angry and yet not sin?

Application:

In non-conflict time, practice asking these questions of your spouse:

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