



- Marriage is hard enough when you are married to the right person.
- Marriage is the union of two imperfect and fallen people. Conflicts are inevitable.
- The truths we share today apply to all the relationships in our families and in our lives.

I. Basics About Fighting The Good Fight.

- Fights are common.
- Why couples fight.

◇ Knowing how to fight fair is critical to your survival as a couple.

II. Rules For A Clean Fight.

- #1 Keep it honest and respectful. ☞ Ephesians 4:25
- #2 Keep it under control. ☞ Ephesians 4:26
 - ◇ Make sure your weapons are not deadly.

◇ The Bible is permitting you to be angry on certain occasions and for certain reasons—but it warns: do not let it lead to sin. ☞ Proverbs 18:14, 19

◇ Remove the words, "always" and "never" from your fights.

#3 Keep it timed right. ☞ Ephesians 4:26b-27

◇ Paul tells us not to let our anger build day after day.

#4 Keep it positive. ☞ Ephesians 4:28

◇ Here we have a positive solution presented for a particular problem.

#5 Keep it tactful. ☞ Ephesians 4:29-30

◇ Watch your words and guard your tone.

◇ A grounding statement for "productive fights": *"I don't agree with you right now. I know you don't agree with me, either, but whatever we say let's understand, we don't want to hurt each other. We want to come to the right conclusion."*

◇ Tact removes a defensive spirit.

#6 Keep it private. ☞ Ephesians 4:31

◇ Don't swing at your mate in public.

#7 Keep it cleaned up. ☞ Ephesians 4:32

◇ When it's over, help clean up the mess.

◇ Paul gives us three ways to mop up the mess. Kindness. Tenderness. Forgiveness.

III. The Best Way To Stop A Fight.

- Wave the white flag of surrender.