

RULES FOR A FAIR FIGHT

A. Relationships Are Worth Fighting For! Eccl. 4:7-12
(p.609)

A cord of three strands is not easily **broken**.

B. Choose Your Battles Wisely

Many conflicts can be avoided. Consider these simple ideas.

1. **Invest** regularly in relationships. Intentional love must be top priority!
1Thes.5:11

2. Disarm minor situations with mutual **laughter**.

3. **Wait**. Don't jump rashly in to a situation that may escalate into conflict.
Prov.15:18

But don't wait long. Don't save up hurt and hostility.
Communicate feelings and frustrations as they occur.

C. Rules for a Fair Fight Ephesians 4:25-32
(p.1,078)

1. Keep it **honest**.

2. Keep it **civil** because we are members of one another.

Attack the **problem** and not the person.

3. Keep it **positive**.

Sociologists tell us it takes **7 positive** ideas to counteract every negative comment we receive.

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4. Keep it clean.

-The **silent** treatment (passive aggression) is dirty. It will be more painful later.

-Emotional **tantrums** (blackmail) are dirty. It is a dirty tactic to make the other feel 100% guilty.

-Phrases like, "You never," "You always," "All women," are dirty. Generalizations are never accurate and distract from the immediate conflict.

-Claiming to know another's mind or motives is dirty.

-Raising your voice to interrupt is dirty. Resolution requires listening.

5. Keep it **private**.

When you fight in public, you are showing malice.

6. Keep **forgiving**.

"Your need to forgive isn't an issue between you and the offender; it's between you and God... Don't wait to forgive until you feel like forgiving; you will never get there.

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