

## Life Group /Reflection Questions

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with the key questions, add in any optional scriptures and questions if needed, then wrap up by deciding on your next steps.

**Main Idea:** All couples fight, but good couples learn to fight fair. When you fight you must “be quick to listen, slow to speak and slow to become angry.”

### Key Questions:

What’s one idea from the message that really stood out to you? Why did this idea grab your attention?

Do a reality check: How would you evaluate the way you and your spouse fight? Do you typically fight fair or unfair? Explain.

James 1:19 says, “Everyone should be quick to listen, slow to speak and slow to become angry.” In which of these three ways do you and your spouse do well when you fight and which do you not?

**Optional Questions:** If needed, include one or more of these scriptures and questions to extend your conversation.

Read and discuss: James 1:19-20, Proverbs 18:2, Proverbs 21:23, and Ephesians 4:26-27

How did your parents handle conflict in their marriage? How has that shaped the way you handle conflict in your own marriage?

Recall your first fight or one of your early fights as a couple. How has the way you fight changed throughout your marriage?

What steps can you take to become a better listener in your marriage? If you are a good listener, how has that affected the way you fight with your spouse?

### Next Steps:

What’s one thing you will do this week as a result of something you learned from this message?



# FIGHT FAIR

March 8, 2015

**Wave Church SD**

**FROM THIS DAY FORWARD**

FIVE COMMITMENTS TO FAIL PROOF YOUR MARRIAGE

## From This Day Forward Fight Fair

In the beginning opposites **ATTRACT**

Later on opposites **ATTACK**

<sup>1</sup> *What causes fights and quarrels among you? Don't they come from your desires that battle within you?* (James 4:1, NIV)

The longer you know someone, the more likely to **DISAGREE**

**ATTRACTION** requires **INVESTMENT**

<sup>19</sup> *My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,* <sup>20</sup> *because human anger does not produce the righteousness that God desires.* (James 1:19, NIV)

Healthy couples fight for **RESOLUTION**

Unhealthy couples fight for **VICTORY**

In any relationship **SIN** is inevitable & **GRACE** is available

### How To Deal With Differences

1. Get into **CONVERSATIONAL** mode

<sup>11</sup> *Fools give full vent to their rage, but the wise bring calm in the end.* (Proverbs 29:11, NIV)

Bird Brain – Fight or Flight

2. **RECALL** what happened

... *Everyone should be quick to listen,*...

What did each person **EXPERIENCE**

Choose **words** carefully

<sup>25</sup> *Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.* <sup>26</sup> *"In your anger do not sin": Do not let the sun go down while you are still angry,* <sup>27</sup> *and do not give the devil a foothold.* (Ephesians 4:26-27, NIV)

### 3. **APOLOGIZE**

<sup>16</sup> *Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.* (James 5:16, NIV)

<sup>21</sup> *"The son said to him, 'Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.'* (Luke 15:16, NIV)

### 4. **FORGIVE**

<sup>29</sup> *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.* <sup>30</sup> *And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.* <sup>31</sup> *Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.* <sup>32</sup> *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.* (Ephesians 4:29-32, NIV)

5. **TALK** about what you **WISH** you had said or done.

<sup>9</sup> *Do not lie to each other, since you have taken off your old self with its practices* <sup>10</sup> *and have put on the new self, which is being renewed in knowledge in the image of its Creator.* (Colossians 3:9-10, NIV)