

*Light*

ChatRoom



# From this day forward

Grow together till death  
do you part.

## **Commitment 2: Fight Fair**

Watch the Commitment 2 video Fight Fair.

The fill-in-the-blank answer key is located at the end of this guide.

### **Talk It Over**

How would you evaluate the way you fight as a couple? Do you typically fight fair or unfair? Explain.

*... Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.*

—James 1:19-20 NIV84

### **God's Rules for Fighting Fair**

Stop to \_\_\_\_\_ carefully.

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

—James 1:19 NIV84

*A fool finds no pleasure in understanding but delights in airing his own opinions.*

—Proverbs 18:2 NIV84

Guard your \_\_\_\_\_ faithfully.

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

—James 1:19 NIV84

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

—Proverbs 21:23 NLT

1. Never call \_\_\_\_\_.
2. Never raise your \_\_\_\_\_.
3. Never get \_\_\_\_\_.
4. Never say \_\_\_\_\_ or \_\_\_\_\_.
5. Never threaten \_\_\_\_\_.
6. Never quote your \_\_\_\_\_ during a fight.
7. Handle your anger \_\_\_\_\_.
8. Handle your \_\_\_\_\_.

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

—James 1:19 NIV84

*“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 NIV84

## **Talk It Over**

Recall one of your first fights as a couple. How has the way you fight changed throughout your time together?

## **Living It Out With Dr. Kim: Two Keys to Fighting Fair**

1. Good communication. Good communication connects us, and the more connected we are, the easier it is to fight fair.
2. Listening. Focus on what each other is saying, and respond in such a way that it lets your partner know you're listening.

## **Ways to Create an Atmosphere of Trust**

1. Warmth. Acceptance of the other person.
2. Genuineness. Your spouse knows what you're saying comes from your heart.
3. Empathy. Walking in your spouse's shoes without stepping on his or her toes.

## **Stop, Look, Listen**

Stop everything you are doing.

Look with your entire body.

Listen to every word your spouse says, and then use your active listening skills.

## **Talk It Over**

James 1:19 says: Everyone should be quick to listen, slow to speak and slow to become angry (NIV).

Which of these three do you do well when you fight, and which do you not?

How did your parents handle conflict in their marriage?

How has that shaped the way you handle conflict in your own relationship?

What steps can you take to become a better listener in your relationship?

## Next Steps

1. Take steps to fight fair in your marriage by doing the two exercises that Dr. Kim discussed: Stop, Look, Listen and Five Steps to a Solution.
2. Set aside time as a couple to do these two activities. If you are meeting together in a group, you also can take time during your group to do at least one of these activities.

## ***Stop, Look, Listen***

Active Listening: Active listening is simply listening to your partner without interrupting and focusing on what they are saying. When they finish speaking, restate what you have heard. Then, if needed, repeat the process.

Exercise: Practice this technique by making a list of two or three things that you wish your partner did for you. Then share your list using Stop, Look, Listen.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## ***Five Steps to a Solution***

**1. Agree on a time and place to meet where there are no distractions to interrupt you.**

Place: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

**2. Agree on the problem, with each person taking responsibility for his or her part in the problem.**

This is a great time to use Stop, Look, Listen.

Problem: \_\_\_\_\_

Husband: 100% \_\_\_\_\_

Wife: 100% \_\_\_\_\_

**3. Brainstorm and discuss possible solutions.**

Agree on one solution, and implement it. Remember: You are solving a problem, not trying to win a war.

Ideas: \_\_\_\_\_

Solution: \_\_\_\_\_

**4. Set a future time to evaluate your progress and make any necessary adjustments.**

Place: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Solution: \_\_\_\_\_

**5. Celebrate your success!**

## Session 2: Fight Fair Answer Key

God's Rules for Fighting Fair

Stop to **listen** carefully.

Guard your **words** faithfully.

1. Never call **names**.
2. Never raise your **voice**.
3. Never get **historical**.
4. Never say **never** or **always**.
5. Never threaten **divorce**.
6. Never quote your **pastor** during a fight.
7. Handle your anger **righteously**.