

FROM THIS DAY FORWARD—2 FIGHT FAIR

Intro: this is a series for those who are preparing for marriage this is an investment into your future and for those of us who are already married we are learning 5 commitments to fail proof our marriage.

1. SEEK GOD - We would pray together
2. FIGHT FAIR - today
3. HAVE FUN -
4. STAY PURE
5. NEVER GIVE UP

A quarrelsome wife is like a constant dripping on a rainy day.
Prov 27:15

It is better to have severe hemorrhoids than to live with a husband who is a jerk. 2 Craig 4:2

The reality is all couples will fight -

We fought on the way to church the first time I taught this message it must have not been important because i cannot remember what we fought over

All couples fight: WHY Healthy couples fight fair. Unhealthy fight dirty.

Healthy work for resolution. Unhealthy fight for victory.

John Gottman studied marriage for 16 yrs.
Watch couple fight 5 min, determine with 91% accuracy if divorce.

Not if they fight—how they fight!

Seeking the 1—preparing for ur 2! Someone w/ long-term friendships.

Text: Everyone should be quick to listen, slow to speak and slow to become angry, 20 for man's anger does not bring about the righteous life that God desires.

James 1:19-20

We will look at one verse and see how one verse inspired by God can bring healing and teach us. How to fight fair

GOD'S 3 RULES FOR FIGHTING FAIR •

1. STOP TO LISTEN CAREFULLY.

...Everyone should be quick to listen. Ja 1:19

We are not taught to be quick to listen but quick with comebacks

Listening says you are Engaged in text conversation—half listening. (When you are talking to someone and they are on the phone)

Don't miss the power of simplicity - stop to listen - it says to the other person you are not just interested in your own side of the story

A fool finds no pleasure in understanding but delights in airing his own opinions. Prov 18:2

WE JUST WANT TO BE HEARD WE JUST WANT THE OTHER PERSON TO SEE IT OUR WAY
WE ARE NOT FIGHTING FAIR

TIP:

In an argument we should repeat back to our spouse just said what it does is force us to listen and then it VALIDATES OUR spouse to know that they have been heard

EXAMPLE - so what you are saying is.....and then you repeat it back

IT KEEPS US ON TARGET, FOCUSED ON THE ISSUE AT HAND RATHER THAN FIGHTING ABOUT WHAT WE ARE FIGHTING ABOUT.

I understand why you would feel this way WHEN I DID THIS YOU FELT YOU don't HAVE TO AGREE WITH THE ISSUE BUT YOU DO HAVE TO VALIDATE THEIR FEELING (it is totally not fighting fair to condemn or ridicule the feeling someone's having that have come up in the middle of the fight

So what you are saying was when i did this it made you feel this way and repeat back what they are sayin NOW WHAT WE ARE DOING IS KEEPING IT ON THE ISSUE ...rather than fighting about what we just said

STOP TO LISTEN

2. GUARD YOUR WORDS FAITHFULLY. Everyone should be quick to listen, slow to speak. Ja 1:19

Watch your tongue and keep your mouth shut, and you will stay out of trouble. Prov 21:23 NLT
DONT QUOTE THIS IN THE MIDDLE OF THE FIGHT

This scripture is reminding you of what you should be doing

Two questions to ask: Should it be said? Should it be said now?

III. When you are rushing to the airport and she says are the dishes cleanwhydont say because a burlar will see our dishes psycho

Some things dont need said in the middle of a fightstay focused not the issue of the fight

Preventive maintenance: When things are going well

3 way's I'm a blessing, 3 ways I can be a bigger blessing
Positive momentum this creates a sage atmosphere to talk about some things we could do better ... WHEN YOU DO THIS IT MAKES ME FEEL THIS WAY

If you are dating not married yet, Rules for the fight ...Marqueis de queens berry rules

- o Never call names.
- o Never raise your voice.
- o Never get historical.
- o Never say never or always. Fastest way to be offensive
- o Never threaten divorce.
- o Never quote your pastor during a fight.

Stop to listen carefully guard your words faithfully

3• HANDLE YOUR ANGER RIGHTEOUSLY.

... Everyone should be quick to listen, slow to speak and slow to become angry... Ja 1:19

SOMETHINGS YOU JUST HAVE TO LET GO. Men will do amen things

26 "In your anger do not sin": Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold. Eph 4:26-27 IT IS THAT DRAMTIC and the little problems becomes a little big

May not sleep for 5 days.

Heart softens as night goes on: 10, 11, Midnight, 1

Back to Back

This could be a game changer - you went to bed with an unresolved issue you did not forgive WHAT YOU HAVE TODAY IS THE RESLUT OF AN UNRESOLVED SITUATION FROM DAYS AGO

We cant let our spiritual enemy destroy what God has joined together
When we got married Elke would not apologize - and it would escalate -

The best gaurd against your anger turning to sin is the spritual discipline of praying and seeking God together BECASUE WHEN YOU KNOW YOU ARE GOING TO BE PRAYING TOGETHER

IT IS ALMOST IMPOSSIBLE TO BE IN INTIMATE RELATIONSHIP WITH GOD AND BE IN ONGOING FIGHTS AND UNFORGI9VENESS WITH YOUR MATE

BECASUE WE HAVE BEEN WITH GOD WE DONT REACT IN THE FLESH WE RESPOND IN THE SPIRIT

Hear From Amy

WE HAVE TO RECOGNIZE THAT IN THE ROOM TERE ARE DIFFERENT ENDS OF THE SPECTRUMPEOPLE ARE FIGHTING ABOUT LITTLE THINGS DRIVING OR THE WAY THEIRE MATE CHEWS BECAUSE SHE CAME HOME AND FOUND YOU LOOKING AT PORN OR YOU FOUND AT SHE HAD RAN THE CREDIT CARD UP AND WAS MAKING THE PAYMENT THAT YOU DIDI NOT KBNOW ABOUT IF YOU ARE SEEKING GOD AND FIGHTING FAIR

FOUR SIGNS YOU AREN'T FIGHTING FAIR

Socks on the floor or dishes wrong—cheated, porn, lied, abuse.

Additional material

Criticism versus Complaint. A complaint addresses only the specific action at which your partner has failed. A criticism is global. It attacks the mate's character or personality. Here is an example: Complaint: "There is no gas in the car. I'm aggravated that you didn't fill it up like you said you would." Criticism: "You never remember anything! You can't be counted on for your word!"

Contempt. Contempt is composed of a set of behaviors that communicate disgust. It includes, but is not limited to: sneering, sarcasm, namecalling, eye rolling, mockery, hostile humor and condescension. It is primarily transmitted through non-verbal behaviors. It does not move toward reconciliation and inevitably increases the conflict. It is always disrespectful. Research shows couples that display contempt for each other suffer more illnesses and diseases than respectful couples.

Defensiveness. These behaviors convey the message, "The problem is not me. It's you." From this position you imply that, because your partner threw the first stone, they are responsible for the entire conflict. You avoid taking responsibility for your own behavior by pointing to something they did prior to their complaint about you. You do not acknowledge that which is true in what they are saying about your behavior.

Stonewalling. In relationships where intense arguments break out suddenly, and where criticism and contempt lead to defensiveness, and where more contempt leads to more defensiveness, eventually one partner tunes out. This is the beginning of stonewalling. The stonewaller acts as if he (research indicates that 85% of stonewallers in marriages are husbands) couldn't care less about what the partner is saying or doing. He (sometimes she) turns away from conflict and from the relationship. Any form of disengagement can be stonewalling.

- DON'T REACT IN EMOTION, RESPOND IN THE SPIRIT. Do not be overcome by evil, but overcome evil with good. Rom 12:21

-

- CONFRONT TO HEAL NEVER TO WIN.

8 Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble. 9 Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing. 1 Peter 3:8-10

Address troubled areas in non-conflict times. What do I do that blesses you most? What could I do (or not do) to better bless you?

- FORGIVE. APOLOGIZE Fight about directions

We are dealing with the anti-Christ here.

Untie

No one is stronger or more dangerous than a man who can harness his emotions. Act of Valor
----- This woman you put here with me...

16 To the woman he said, "I will greatly increase your labor pains; with pain you will give birth to children. You will want to control your husband, but he will dominate you." Gen 3:16 NET Bible

1) CRITICIZING

2) CONTEMPT

3) DEFENSIVENESS

4) STONEWALLING

Complaining... Didn't get gas. Never do Disgust, sarcasm, eye rolling, mocking Not me, you.

No respons for self

Tunes out and shuts down. 85% men

Don't fight against each other

Fight against anything the enemy and fight for your marriage.

Do not be overcome by evil, but overcome evil with good. Rom 12:21

With Christ—all things are possible. With Christ—any marriage can be healed. With Christ—your marriage can be healed.