

# HOW TO HAVE A GOOD FIGHT

Love, Sex & Dating: Part 3

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## *Conflict in Marriage:*

1. Some have **HIDDEN** conflict.
2. Some have **HURTFUL** conflict.
3. Some have **HEALTHY** conflict.

## 7 KEYS TO HEALTHY CONFLICT

*Ephesians 4:25-32*

### 1. KEEP IT **HONEST**.

*“So you must **stop telling lies. Tell each other the truth.**” (Ephesians 4:25a, NCV)*

*“Instead, by **speaking the truth in a spirit of love**, we must grow up in every way...” (Ephesians 4:15, GNB)*

### 2. KEEP IT UNDER **CONTROL**.

*“And don’t sin by letting **anger control you.**” (Ephesians 4:26a, NLT)*

*“People with understanding **control their anger**; a hot temper shows great foolishness.” (Proverbs 14:29, NLT)*

### 3. KEEP IT **TIMED** RIGHT.

*“...**Don’t let the sun go down** while you are still angry, for anger gives a foothold to the devil.” (Ephesians 4:26b–27, NLT)*

*“For everything there is a season, **a time for every activity** under heaven...A time to be quiet and a time to speak.” (Ecclesiastes 3:7, NLT)*

Principle - **TIME OUT**, DON’T **THROW OUT**.

### 4. KEEP IT **CONSTRUCTIVE**.

*“If you are a thief, **quit stealing**. Be honest and work hard, so you will **have something to give to people in need.**” (Ephesians 4:28, CEV)*

### ***Destructive Habits of Communication***

- **CONTRADICTING.**
- **COMPARING.**
- **COMPETING.**
- **CONDEMNING.**

Principle – Use the **SANDWICH** rule.

#### **5. KEEP IT TACTFUL.**

**“Don’t use foul or ABUSIVE LANGUAGE. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.” (Ephesians 4:29, NLT)**

#### ***Abusive Language***

- **CUSSING.**
- **CRUELTY.**
- **CONTEMPT.**

**“So let us try to do what makes peace and helps one another.” (Romans 14:19, NCV)**

Principle – Learn to **LISTEN** instead of **LOADING**.

#### **6. KEEP IT PRIVATE.**

**“Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.” (Ephesians 4:31, NLT)**

**“When Priscilla and Aquila heard him preaching boldly in the synagogue, they took him aside and explained the way of God even more accurately.” (Acts 18:26, NLT)**

Principle: Praise in **PUBLIC**, correct in **PRIVATE**.

#### ***Tips***

- Don’t **AIR YOUR DIRTY LAUNDRY.**
- Choose your **CONFIDANT** carefully.
  - Never complain about your spouse to someone of the opposite sex.
  - Choose someone who will speak God’s wisdom/truth to you.
  - Use someone your spouse would approve of or a godly counselor.

- YOUNG COUPLES: Don't call your **PARENTS!**

7. KEEP IT **KIND.**

*"Instead, **be kind to each other**, tenderhearted, forgiving one another, **just as God** through Christ has forgiven you." (Ephesians 4:32, NLT)*

*"**Love is patient and kind**. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged." (1 Corinthians 13:4–5, NLT)*

Principle: Care more for the **PERSON** than the **PROBLEM**.

**CONFLICT RESOLUTION GOAL:**

*Be able to say,*

**"I WANT MY KIDS TO RESOLVE CONFLICT THE WAY WE DO."**

**NEXT STEPS:**

Solutions Counseling – (410) 742-6234

Read one of the Resources!

**RESOURCES:**

Everybody Fights: So Why Not Get Better at It? – Kim & Penn Holderness

The Good Fight: How Conflict Can Bring You Closer – Drs. Les & Leslie Parrott

Fight Your Way to a Better Marriage: How Healthy Conflict Can Take You to Deeper Levels of Intimacy –  
Dr. Greg Smalley