

# HOW TO HAVE A GOOD FIGHT

## Relationship Goals: Part 3

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Ephesians 4:25-32

### **Conflict in Marriage:**

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

## **Seven Keys to Resolving Conflicts**

### **1. Keep it HONEST.**

*“So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body.” (Ephesians 4:25, NLT)*

*“Instead, by speaking the truth in a spirit of love, we must grow up in every way to Christ, who is the head.” (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, NOT THROW OUT.**

### **4. Keep it CONSTRUCTIVE.**

*“If you are a thief, quit stealing. Instead, use your hands for good hard work...” (Ephesians 4:28, NLT)*

*“So let’s stop condemning each other. Decide instead to live in such a way that you will not cause another believer to stumble and fall.” (Romans 14:13, NLT)*

**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)*

*“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.

7. Keep it CLEAN.

*“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.

**RULE OF THUMB:**

Be able to say,

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

**ACTION STEPS:**

**Get Connected:** SG Connection NEXT week!

Relationship Goals: **Resource Page**

Visit the **Care Groups** table in the Lobby.

For resource page, not NOTES.

**Resources:**

[https://www.amazon.com/Good-Fight-Conflict-Bring-Closer/dp/1617951196/ref=tmm\\_hrd\\_swatch\\_0?encoding=UTF8&qid=1645026537&sr=1-1](https://www.amazon.com/Good-Fight-Conflict-Bring-Closer/dp/1617951196/ref=tmm_hrd_swatch_0?encoding=UTF8&qid=1645026537&sr=1-1)

[https://www.amazon.com/Everybody-Fights-Why-Not-Better/dp/0785235728/ref=pd\\_sbs\\_5/133-1808788-3690604?pd\\_rd\\_w=tPHQh&pf\\_rd\\_p=23e9c531-a4f3-4198-b456-2bff73f4055a&pf\\_rd\\_r=DTR9NH3WCW4BS16H2TWB&pd\\_rd\\_r=9e5c0a75-017e-453c-a40b-6eb827dab80e&pd\\_rd\\_wg=a0SCb&pd\\_rd\\_i=0785235728&psc=1](https://www.amazon.com/Everybody-Fights-Why-Not-Better/dp/0785235728/ref=pd_sbs_5/133-1808788-3690604?pd_rd_w=tPHQh&pf_rd_p=23e9c531-a4f3-4198-b456-2bff73f4055a&pf_rd_r=DTR9NH3WCW4BS16H2TWB&pd_rd_r=9e5c0a75-017e-453c-a40b-6eb827dab80e&pd_rd_wg=a0SCb&pd_rd_i=0785235728&psc=1)