

PEOPLE AND RELATIONSHIPS

How do You Fight?

5-15-22

Big Idea: To have emotionally healthy relationships, eliminate “dirty fighting” tactics and fight cleanly for the sake of the relationship.

Matthew 22:36-39 - "Teacher, which is the greatest commandment in the Law?"³⁷ Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind.'³⁸ This is the first and greatest commandment.³⁹ And the second is like it: 'Love your neighbor as yourself.'

John 13:34-35 - "A new command I give you: Love one another. As I have loved you, so you must love one another.³⁵ By this all men will know that you are my disciples, if you love one another."

How you RESPOND to conflict is what can take unresolved tension and grow it into a maturing relationship.

Conflict Choice #1- _____

Jeremiah 6:14 - "They have healed the brokenness of My people superficially, Saying, 'Peace, peace,' But there is no peace." - NAS

Matthew 5:9 - "Blessed are the peacemakers, for they will be called children of God."

Mark 2:10-12 - "...so that you may know that the Son of Man has authority on earth to forgive sins'-he said to the paralytic-¹¹ 'I say to you, stand up, take your mat and go to your home.'¹² And he stood up, and immediately took the mat and went out before all of them."

Matthew 16:22-23 - Peter took him aside and began to rebuke him. "Never, Lord!" he said. "This shall never happen to you!"²³ Jesus turned and said to Peter, "Get behind me, Satan! You are a stumbling block to me; you do not have in mind the things of God, but the things of men."

Conflict Choice #2- _____

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____
- F. _____ “Always” or “Never”

Conflict Choice #3- _____

- Healthy couples fight for **resolution**, unhealthy couples fight for victory.

Definition:

- A clean fight is a negotiation between two people to **resolve** a conflict for the advancement of their relationship.

Matthew 19:4-5 - "Haven't you read," he replied, "that at the beginning the Creator 'made them male and female,' ⁵ and said, 'For this reason a man will leave his father and mother and be united to his wife, ***and the two will become one flesh?***"

Goal:

- The goal to have in conflict: You want to have greater unity in a relationship and further the mission to benefit the family/relationship.

Romans 12:17-18 - Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. ¹⁸ If it is possible, as far as it depends on you, live at peace with everyone.

So, what does it look like to fight cleanly?

1. _____ .
(Asking the Holy Spirit for wisdom, discernment, and direction)

2. Assume the _____ .

Your spouse or friend is NOT your enemy

Ephesians 6:10-12 - Finally, be strong in the Lord and in his mighty power. ¹¹ **Put on the full armor of God** so that you can **take your stand** against the **devil's schemes**. ¹² For our **struggle** is **not against flesh and blood**, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

3. Talk to _____ other _____ about each other.

Matthew 18:15 - "If your brother sins against you, go and show him his fault, just between the two of you.

4. _____ speaks.

- Should it be said?
- Should it be said now?

5. Argue like you're _____, listen like you're _____ .

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

6. Commit to _____ and _____ .

- Don't fight to win the argument. Fight to win the relationship.