

What Happy Couples Know Fight for Your Right

TALK IT OVER

Key Scriptures

2 Samuel 6:16, 20-23
Psalm 141:3
James 4:1-2
2 Corinthians 6:14
Romans 3:23
2 Timothy 2:23
1 Corinthians 13:5
Hebrews 12:14-15
Proverbs 29:11
Proverbs 12:18
Leviticus 25:17
Colossians 4:6

Key Ideas

Four Causes of Conflict

Poor Communication
Unfilled/Unmet Expectations
Lack Commonality
Sin Nature of People

10 Commandments of Fighting Right

1. Thou Shall Choose Battles Wisely
2. Thou Shall Not Bring Up the Past
3. Thou Shall Be Peaceful
4. Thou Shall Not Pile On
5. Thou Shalt Define the Issue Clearly
6. Thou Shalt Avoid “Never” & “Always”
7. Thou Shall Not Yell
8. Thou Shall not Call Names
9. Thou Shall Not Threaten Separation
10. Thou Shalt Apply Grace

Start talking. Find a conversation starter for your group.

- How did your parents fight when you were growing up? Did they fight in front of you or behind closed doors? How often did they fight? Did they model healthy fighting?

Start thinking. Ask questions to get your group thinking.

- Which of the “four causes of conflict” do you find often find as a reason in your own personal life for fights?

Start sharing. Ask questions to get your group talking.

- In your relationships, which one of the “10 Commandments of Fighting Right” do you struggle with (can be in reference to romantic, friendships, or workplace)?
- Which of the “10 Commandments of Fighting Right” do you find most helpful?
- Are you a person who is averse to conflict or do you jump right into conflicts? Why do you think that is?
- Do you take conflict personally? Do you have an issue with separating your feelings from the fight? Do you get emotional during a conflict?

Start praying. Be bold and pray with power.

- *Take prayer requests.*

Start doing. Commit to a step and live it out this week.

- What’s one step you can take this week to live out the message in an area of your life?