### Rules of Engagement – 7 Rules for Fighting Fair

**Agree or Disagree?**

*Indicate whether you agree (A) or disagree (D) with each statement on the lines below.*

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<th>Statement</th>
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<td>H</td>
<td>W</td>
<td>1. _____  _____ When fighting, we should tell the truth even if it hurts our spouse.</td>
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<td>2. _____  _____ When people become angry in their fights, they lose control.</td>
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<td>3. _____  _____ Fighting should be postponed when one or the other spouse is tired.</td>
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<td>4. _____  _____ When you criticize your mate in the heat of a fight, you should make sure that it’s constructive.</td>
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<td>5. _____  _____ Sometimes it may be necessary to yell in order to be heard in the heat of a fight.</td>
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<td>6. _____  _____ To bring a disagreement to a head, you may need to confront your spouse, even if others are present.</td>
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<td>7. _____  _____ You <strong>cannot</strong> finish a fight without forgiveness.</td>
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1. Keep it ______________

   Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body (Eph 4:25)

2. Keep it under ______________

   In your anger, do not sin (Eph 4:26a)

   A fool gives full vent to his anger, but a wise man keeps himself under control (Prov. 29:11)

3. Keep it ____________ ____________.

   Do not let the sun go down while you are still angry, and do not give the devil a foothold. (Eph 4:26b-27)

4. Keep it ______________.

   Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. (Col 3:12-13)

   He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need (Eph 4:28)

5. Keep it ______________

   Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. (Eph 4:29)

6. Keep it ______________________

   He who guards his lips guards his soul, but he who speaks rashly will come to ruin. (Prov 13:3)

   Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. (Eph 4:31)

7. Keep it _______________________ __________

   Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Eph 4:32)

   He hurls all our iniquities into the depths of the sea (Micah 7:19)
Conclusion

Now that you know these things, DO THEM. That is the path of blessing. (John 13:17 LB)

Couple Sharing

1. The guideline I will need the most help in applying is:

__________________________________________________________________________.

You have my permission to help me apply this by:

__________________________________________________________________________.

2. The guideline I would most like you to apply in our fights is:

__________________________________________________________________________.

3. Review the 7 guidelines together asking each other the following questions about each one:
   1) Do we need this guideline in our fighting?
   2) Are we applying this one regularly?
   3) Do I need to concentrate on this one as one of my top three guidelines?

4. Do I need help in applying this one? Will you help me by:

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________