

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.

H **W**

1. _____ _____ When fighting, we should tell the truth even if it hurts our spouse.

2. _____ _____ When people become angry in their fights, they lose control.

3. _____ _____ Fighting should be postponed when one or the other spouse is tired.

4. _____ _____ When you criticize your mate in the heat of a fight, you should make sure that it's constructive.

5. _____ _____ Sometimes it may be necessary to yell in order to be heard in the heat of a fight.

6. _____ _____ To bring a disagreement to a head, you may need to confront your spouse, even if others are present.

7. _____ _____ You **cannot** finish a fight without forgiveness.

Rules of Engagement – 7 Rules for Fighting Fair — Part 1 of 2

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:
