

# TRANSFORMING YOUR FAMILY

HOW TO FIGHT FAIR  
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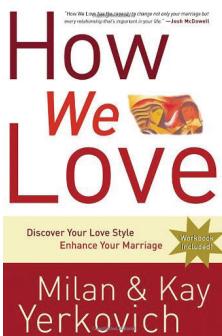
Conflict is normal and inevitable. We can't control how others handle conflict, but each of us controls how we engage in conflict-constructively or destructively, thoughtfully or selfishly, gracefully or angrily. Knowing how to fight fair is critical to having a healthy marriage. Love itself is not enough to sustain a relationship amidst the conflicts we all face. Being in love is, in fact, a very poor indicator of which couples will stay married. Far more important to the survival of a marriage, research shows, is how well couples handle disagreements.

In this week's message, we learn why we fight in the first place and four ways how we can fight fair.

1. Are you currently, or have you ever been, in a relationship characterized by conflict? Describe what this is/was like for you. How have you learned to recover and repair?
2. When we connect with one another, at some time, we are going to "ruffle" each other. Are you more of a conflict avoider or a conflict engager? Are you more prone to withdraw amid conflict, or engage to resolve or to win an argument?
3. Read James 4:1-2. What are some of the challenges that you face in "fighting fair" as a spouse, as a parent, as a friend?
4. James 3:13-4:1 contrasts worldly wisdom with Godly wisdom. Explore the causes, characteristics, and consequences of each type of wisdom. What is the ultimate cause of most of your quarrels?
5. How easy is it for you to forgive someone after you've had a disagreement? How are you encouraged or challenged today by Jesus' words in Matthew 6:14-15 and Matthew 18:21-22?
6. In this week's message, we talked about four ways to fight fair: separate to cool off, decide what is worth fighting for, change your expectations, and move toward the other person in tenderness. Which of these areas needs your immediate attention?

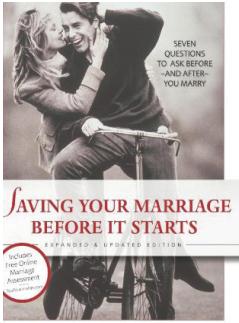
Memory verse for the week: Philippians 2:4 "*Each of you should look not only to your own interests, but also to the interests of others.*"

# Book Recommendations



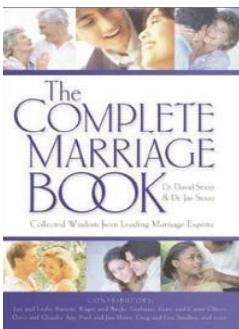
*How We Love,*  
by Milan & Kay Yerkovich

Discover your love style; Enhance Your Marriage



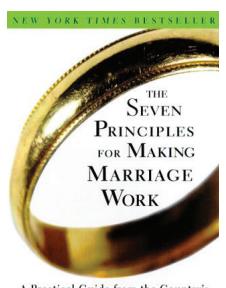
*Saving Your Marriage Before it Starts,*  
by Drs. Les & Leslie Parrott

Seven questions to ask before -and after- you marry



*The Complete Marriage Book,*  
by David & Jan Stoop

Seven questions to ask before -and after- you marry



JOHN M. GOTTMAN, PH.D.,  
and NAN SILVER

*The Seven Principles for Making Marriage Work,*  
by John M. Gottman, Ph.D



*The Most Important Year in a Man's Life,*  
by Bobbie Wolgemuth & Susan Devries