

How to F.I.G.H.T. Well

F Figure out the issue

Determine what you are really fighting about. Sometimes this is hard to do but keep trying until you both agree, "That's it. That is the issue we are fighting about!"

James 4:1

I Identify each person's needs.

You cannot look out for another person's interests, unless you know what they are. Everyone involved should express what they hope to settle during the argument. For example, if the issue is Jared's failure to clean up his dishes, he might say, "I need to avoid the stress I feel when I have to do so much work." His mother might say, "I need to avoid feeling like your personal servant." Then each person should restate the other person's needs back to them to make sure they understand.

Philippians 2:4

G Generate solutions

Decide what action to take that will solve the issue and meet everyone's needs. Often, it is necessary to use a combination of solutions. Try to come up with at least six or seven solutions before making a decision. Once you've agreed, right the solution on paper, so it is clear to everyone and no one forgets it.

Isaiah 32:8

H Have prayer together

It is very hard to stay angry at someone while you are praying with or for them. Praying together not only brings the power of God to bear on your problem; it helps restore the relationship, because it's instead of arguing, your focus is on each other's needs and lift them up to God.

Psalms 17:6 and James 5:16

T Take responsibility for the solution(s)

You'd be surprised how many people continue to fight about an issue. Once they've "resolved" it. Often they continue to fight because they've failed to implement the agreed upon solutions. When you commit to the solutions stand by your words! .

Isaiah 32:8