



Week 2 –Fighting Well

Think about your last argument. What triggered the argument? Who were you arguing with and what was it about?

Circle one:

That person and I frequently argue about the same issue.

Strongly Disagree Disagree Neutral Agree Strongly Agree

I was calm and reasonable during the argument.

Strongly Disagree Disagree Neutral Agree Strongly Agree

When the argument was over I was still angry.

Strongly Disagree Disagree Neutral Agree Strongly Agree

When the argument was over, we had settled the issue.

Strongly Disagree Disagree Neutral Agree Strongly Agree

Five Ways to Fight – People tend to argue using one if the following five methods (sometimes they use several of these methods in the same argument):

1. **I Leave** - I don't want to fight, so I physically leave the room or I emotionally "leave" by refusing to participate in the argument.
2. **I let the other person win** - keeping the peace is so important that I agree to whatever the person wants.
3. **I give a little to get a little** - I look for a compromise. I give in to part of what the other person wants so that I can have part of what I want.
4. **I look out for myself** - I do whatever is necessary to make sure I win the argument. Even if it means the other person ends up hurt, angry, or frustrated with me.
5. **I look out for the other person** - It is important to me that we both get what we want and need, so I try to work together with the person to make it happen.

Read Philippians 2: 3-4

Of the five fighting methods, which one comes closest to the Bible's description of how we ought to fight?



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Read Matthew 7: 3-5 - What does "taking the plank out of your own eye." mean? Give an example from your experience.

Read Ephesians 4:26 and Psalm 76:7 - Psalm 76 refers to God's anger. Do you think it is wrong to feel angry? Why or why not?

What do you think it means to "not let the sun go down while you are still angry."?

Give an example of sinning when you are angry. How is this different from just being angry?

Which of the five ways to fight do you typically use and why?

Practice

Read the following passages every day this week.

James 4:1, Philippians 2:4, Isaiah 32:8, Psalm 17:6, James 5:16

Print out the "How to Fight Well" PDF found at www.myhpf.org/sermons. Place the printout on your refrigerator door or a mirror, where you can easily see it.