

Married with Benefits | Fighting Fair

Next Steps Review: What mindset or behavior regarding sex was God challenging you to change in order to be more in line with His will?

Ice Breaker: Does the toilet paper roll go “over or under”?

This Week’s Big Idea: The key to a healthy marriage isn’t not fighting, it’s learning to fight fair.
What do you remember most, or what stuck with you from the weekend’s teaching?

Scripture: Read James 1|19-21

1. How do you feel when you’ve been heard? When you haven’t?
2. What is the connection between being quick to listen, slow to speak, and slow to get angry?
3. What do we do differently when trying to listen vs trying to be right?

Scripture: Read 1 Corinthians 13|5

4. What is it about having the last word in an argument that is so satisfying?
5. How would you describe the difference between a healthy argument and a fight?
6. Read 1 Corinthians 13|4-8. Review the “is” and “isn’t’s” in this scripture. How can this scripture remind us to stay focused on the issue at hand instead of attacking the other person?

Scripture: Read 1 Peter 4|8

7. Which emotion do you tend to feel first and most often during a fight?
8. How does your love for someone change how you fight/argue?
9. What kind of groundwork (love) do you need in place that can set you up for healthy arguments?

Next Steps:

Have you established your personal rules for fighting? This week, find time to write them out. If you are married, plan a date night to talk them over with your spouse.