

How to Have a Good Fight
Heaven Help the Home—Part 2
Ephesians 4:25-32
June 2, 2019

²⁵ Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. ²⁶ Be angry and do not sin; do not let the sun go down on your anger, ²⁷ and give no opportunity to the devil. ²⁸ Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. ²⁹ Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. ³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. ³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

--Ephesians 4:25-32

Four conflict resolution skills:

1. Be _____ . (v. 25)
2. Be _____ . (vv. 26-27)
3. Be _____ . (vv. 29-32)

Two practical ways to practice this third skill:

1. Don't use words like _____ or _____
2. It helps to remember that God has made you _____ from your spouse -- or for that matter, different from all of your friends.

Two action steps this morning:

1. Since _____ is the #1 reason that married couples fight, if this is an issue in your marriage, I want to challenge you to get some help in this area.
2. Make a vow to not let anger _____.