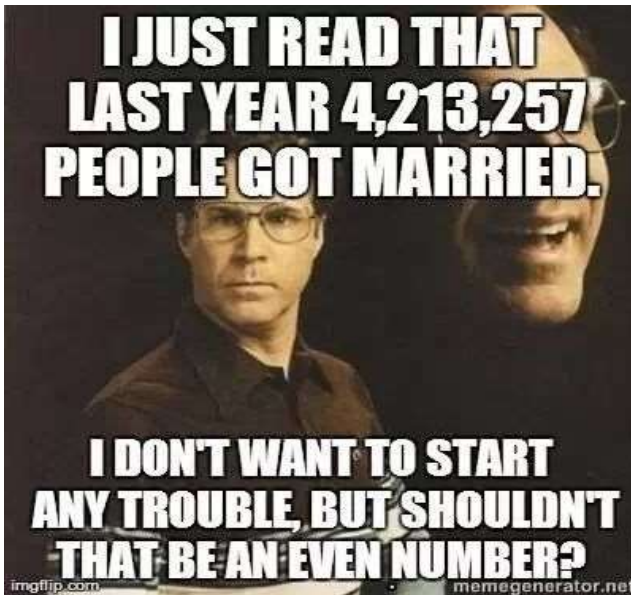


Fighting Fair

24 Guidelines for "Fighting Fair" in Marriage (Drs. Myers and Minirth--Supplement #97)

Scripture (*References*), Images, and {Notes} by Ron Nyberg



1. Sincerely commit your lives to _____ as _____. (*Romans 12:1-2; Psalms 37:5; Proverbs 16:3*)
2. Consider marriage a _____, just as Christ is eternally committed to His bride, the Church. (*Matthew 5:31-32*)
3. Agree to always _____ to each other's _____, even if you disagree with the appropriateness of those _____. (*James 1:19-20*)
4. Commit yourselves to both _____ and _____. (*Luke 8:15; Romans 12:17; Philippians. 4:8*)
5. Determine to attempt to _____ each other unconditionally with each partner assuming 100% responsibility for _____ marital conflicts. (*Matthew 5:9-12; Galatians 6:1-2; 2 Corinthians 5:18-19; 1 Corinthians 13*)
6. Consider what all the factors are in a conflict _____ bringing it up with your mate. (*Hebrews 10:24; 1 Samuel 25:17; Isaiah 41:20; 2 Timothy 2:7*)



"It was a purely professional decision, Harris. I hope my firing you won't affect **our** marriage in any way."

7. Confess any personal _____ in the conflict to Christ _____ confronting your mate. (*1 John 1:9; James 5:16; Matthew 7:3-5*)

8. Limit the conflict to the _____ and _____ and NEVER bring up past _____, especially since all past failures should already have been forgiven. (*Philippians 3:13; Matthew 6:33-36*)

9. Eliminate the following words from your vocabulary: (*Eph. 4:29-32*)

"You _____ or you _____ . . ."

"I _____" (Always substitute "I can't with I _____") (*Philippians 4:13*)

"I'll _____ (usually means "I'll make a halfhearted effort but won't quite succeed.")

"You _____ or you _____ (a parent to child statement).

10. Limit the discussion to the _____ issue that is the center of the conflict. (*Mark 10:21*)

11. Focus on that issue rather than attacking _____ .



12. Ask your mate if he would like some time to think about the conflict _____ discussing it, but never put it off past _____. (*Ephesians 4:26*)

13. Each mate should use "I _____ . . ." messages, telling his/her response to whatever words or behavior aroused the conflict. (*Ecclesiastes 8:5; Ephesians 4:19; Hebrews 4:15*)

14. Never say anything _____ / _____ about your mate's personality. (*Proverbs 11:11-13*)

15. Even though your mate won't always be correct, consider your mate an _____ of God working in your life. (*Proverbs 12:1; 27:17*)

16. Never _____, even if your mate disobeys these guidelines. (*Romans 12:17; 1 Thessalonians 5:15; 1 Peter 3:9; cf. Psalms 35:12; 38:20; 109:5; Proverbs 17:13*)

17. Don't tell your mate why you _____ he (or she) does what he does (unless he/she asks you), but rather stick to how you feel about what he/she does. (*Proverbs 26:4-5*)



18. Don't try to read your _____. If you are not sure what he/she meant by something, ask for clarification. (*Proverbs 18:13*)

19. Commit yourselves to _____ deal with anger, thereby avoiding increased irritability and increased marital conflicts. (*Proverbs 17:9; 19:11; James 1:19-20; Psalms 37:8-9; Romans 12:19; Ephesians 4:26, 32*)

20. Be _____ about your true emotions, but keep them under _____. (*Proverbs 29:11; 15:18; Galatians 5:22-23*)

21. Remember that the resolution of the conflict is what is important, not who _____ or who _____. (*Philippians 3:8*)

22. Agree with each other on what topics are "_____ " because they are too hurtful or have already been discussed. (*Proverbs 24:21*)

23. _____ about each conflict before discussing it with your mate. (*James 5:16; 1 Thessalonians 5:17*)

24. Commit yourselves to carefully learn and _____ these guidelines and agree with each other to call "_____ " whenever one of you accidentally or purposefully breaks one of these guidelines.

10 Rules for Fair Fighting (Michelle Peterson)

