

## Video 5

SCRIPTURE USED: *James 4:1-7; 2 Corinthians 10:3-5; Proverbs 18:21-22; Galatians 5:16-25*

*Marriage is like a deck of cards,  
in the beginning all you need is two hearts and a diamond,  
by the end you wish you had a club and a spade.*

Today we're looking at.

### *How To Fight Right*

*Making Fights Fair & Fruitful in My Marriage*

You will fight. **BUT.**

*They **don't** have to be Harmful – hurtful*

*They **can** actually be Productive.*

Whenever Robin and I would go on a long trip in the winter—invariably, we'd end up in a fight, because I do most of the driving and if it's too warm, I can nod off. I keep the heater set kind of low.

She would say, "*I'm freezing—don't you even care?*"

I'd say, "*If I fall asleep—we're all going to die—don't YOU even care?*"

One day she realizes something, "*I don't want to die, that's a real thing, but I CAN bring along a BLANKET!*"

**RESOLUTION—Problem solved!**

**THAT fight ended up being PRODUCTIVE!**

*"He's not being SELFISH—he's being PROTECTIVE—and I can maneuver to meet BOTH needs!"*

**There are different types of MARITAL FIGHTING STYLES:**

- **Some are** \_\_\_\_\_

*"Oh yeah?" "Oh yeah?"  
"You're stupid!" "You're a jerk!"  
"Waaaaaaaaaahhhhhh!"*

- **Some are** \_\_\_\_\_

*There IS conflict going on.  
Energy IS expended.  
But you never really get in the ring.*

**Internalizers:** *this can be dangerous.*

*Instead of solving issues, they ferment inside.*

*One day, they will explode. It's simply a matter of time!*

- **Some are** \_\_\_\_\_

*You actually **relish** the arguments.  
Without understanding the damage you are inflicting with your sharp wit.*

- **Some are** \_\_\_\_\_

Heard of "Fight or Flight"?

*You Fight BY Flight  
Never get anything resolved.*

Some of you guys are thinking, *"I never run from a fight!"*

*When you utilize the Silent Treatment. It's the same thing as running!*

## LESSON 5: Making Fights Fair & Fruitful in My Marriage

*There's no resolution.  
You're just hoping that she'll forget*

*Let me clue you, younger brother—**she won't forget!***

### **1 Corinthians 7:28** <sup>NCV</sup>

*But those who marry will have **trouble** in this life, and I want you to be free from trouble.*

Marital **Trouble**  
typically manifests itself in  
Marital **Turmoil** (fights)

You WILL fight, so fight according to the rules!

You can utilize these principles in ANY relationship.

### ***How To Fight Right*** ***Making Fights Fair & Fruitful in My Marriage***

#### **1. Set the \_\_\_\_\_ ahead of time**

**GENEVA CONVENTION** – rules for making war. Rules for fighting.

*The way most of US conduct our marital battles. We are more like ISIS Terrorists!*

Here are some rules you ought to hammer out with your spouse ahead of time.

### ***GOD'S BIBLICAL PRINCIPLES***

*Allow each other to cry out "foul" when these mutually agreed upon rules are violated.*

- ***No verbal bomb-throwing***

Name-calling, cursing, yelling or screaming

**Ephesians 4:29-32** <sup>ESV</sup>

<sup>29</sup>*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.*

<sup>30</sup>*And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.*

<sup>31</sup>*Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.*

<sup>32</sup>*Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.*

- ***No resurrecting forgiven offenses***

*"Past forgiven marital problems—I command you to ARISE!"  
(No digging up bones)*

**Hebrews 8:12** <sup>NLT</sup>

*And I will forgive their wrongdoings, and I will never again remember their sins."*

*"I'm not GOD—I can't forget!"*

You CAN leave them BURIED!

You CAN quit weaponizing them!

*"Well, what if my spouse brings something that's forgiven up?"*

**As gently as you can – just say, "Oh. I thought you really forgave me for that!"**

- ***No tag teams***

*"What do you mean, TAG TEAMS?"*

*- No bringing Mom in the ring*

*- Dad*

*- Mother-in-Law*

## LESSON 5: *Making Fights Fair & Fruitful in My Marriage*

- *Friends*
- *Don't try to get your Kids to come into your fighting ring*
- *Pastor John ("Pastor John says.")*

- **No weapons**

- No getting physical, ever!

Jesus never beats the church

*The church, at times, has cheated on Him!*

- No Using Sex as a Weapon

### **1 Corinthians 7:3-5** <sup>NET</sup>

<sup>3</sup>*A husband should give to his wife her sexual rights, and likewise a wife to her husband. <sup>4</sup>It is not the wife who has the rights to her own body, but the husband. In the same way, it is not the husband who has the rights to his own body, but the wife.*

<sup>5</sup>*Do not deprive each other, except by mutual agreement for a specified time, so that you may devote yourselves to prayer.*

## **Use GOD'S weapons for marital disagreements**

### **2 Corinthians 10:3-5** <sup>ESV</sup>

<sup>3</sup>*For though we walk in the flesh, we are not waging war (fighting) according to the flesh.*

<sup>4</sup>*For the weapons of our warfare are not of the flesh but have divine power to destroy **strongholds**.*

<sup>5</sup>*We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.*

***Make that part of your marital dispute boundaries that you BOTH agree to BEFORE the fight.***

THESE WEAPONS are NOT in your Christian arsenal so that your spouse will surrender to YOU. This is so you will both surrender to GOD. Then you both can receive HIS PEACE. Quit fighting for YOUR VICTORY and start fighting for HIS PEACE – the Goal is PEACE!

Set boundaries, rules for a fair-fight, ahead of time. Then...

## 2. Send up a quick \_\_\_\_\_

- ASK Him for His Holy Spirit fullness!

**Galatians 5:16–23** <sup>ESV</sup>

***<sup>16</sup>But I say, walk by the Spirit, and you will not gratify the desires of the flesh.***

*<sup>17</sup>For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.*

***<sup>19</sup>Now the works of the flesh are evident:*** sexual immorality, impurity, sensuality, <sup>20</sup>idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, <sup>21</sup>envy, drunkenness, orgies, and things like these.

***<sup>22</sup>But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup>gentleness, self-control.***

***<sup>24</sup>And those who belong to Christ Jesus have crucified the flesh with its passions and desires. <sup>25</sup>If we live by the Spirit, let us also keep in step with the Spirit.***

*“Control ME, Lord! My mouth, my actions.”  
Ask Him for His Holy Spirit’s filling.*

- ***Ask Him for His Wisdom***
- ***Ask Him to Referee***

**As soon as you see the battle lines being formed.** (in their heart *OR* yours) you shoot up a quick prayer

### 3. Schedule the main event for \_\_\_\_\_

Choose the right **time** and **place**

- **Right before bed after long day's work?** *Probably not best time.*
- **Church lobby?** *Probably not best place.*

#### **Ecclesiastes 3:1** NLT

*There is a time for everything, a season for every activity under heaven.  
A time to be born and a time to die. A time to plant and a time to harvest.  
A time to cry and a time to laugh. A time to grieve and a time to dance.  
A time to tear and a time to mend. A time to be quiet and a time to speak up.*

### 4. Don't \_\_\_\_\_ on the fight!

#### **Ephesians 4:26-27** NLT

*And "don't sin by letting anger gain control over you." Don't let the sun go down while you are still angry, for anger gives a mighty foothold to the Devil.*

It doesn't say totally resolve it today – that may be impossible – but come to terms. Schedule a sit-down. or Counseling.

**Also, realize that biblical relational principles apply to your marriage too!**

#### **Matthew 18:15-16** NLT

*<sup>15</sup>"If another believer sins against you, go privately and point out the offense. If the other person listens and confesses it, you have won that person back.*

*<sup>16</sup>But if you are unsuccessful, take one or two others with you and go back again, so that everything you say may be confirmed by two or three witnesses. [Counselor?]*

#### **Matthew 5:23-25** Msg

*"If you enter your place of worship and, about to make an offering, you suddenly remember a grudge a friend has against you, abandon your offering, leave immediately, go to this friend and **make things right**. Then and only then, come back and work things out with God. **Make the first move; make things right with [them].**"*

**Somebody has to be the Hero!**

**5. As often as you can push the \_\_\_\_\_ button**

“I thought you were trying to get us to *DE-Escalate!*”

I’m not talking about M.A.D.  
(*Mutually Assured Destruction*).

*I’m NOT talking about you launching **at HER** and her launching **at YOU**.*

**I’m talking about YOU BOTH AGREEING TO LAUNCH TOGETHER AT YOUR REAL ENEMY!**

*The one who is behind the scenes pushing those buttons and providing that ammo!*

**Everything is leveled out**

- You and your spouse.
- As children of our powerful God.
- Have in your spiritual arsenal **a nuclear button.**

*Other interested parties have a stake in the outcome and are actually behind-the-scene players in your personal drama.*

- *World*
- *Flesh*
- *Devil*



**What IS the Nuclear Button in my marriage?**

**Praying Together**

Praying together levels everything out!



Praying together *ACKNOWLEDGES* all parties present.

Praying together is *RESISTING SATAN*.

Pray *ASKING* God's Holy Spirit to fill you BOTH

I've given you God's *PROMISES* today

*I've given you **God's PRINCIPLES** today*

*THIS ONE is **God's POWER!***

You want an *AWESOME MARRIAGE?*

*You want a PEACEFUL MARRIAGE?*

**You have not, because \_\_\_\_\_ .**

**James 4:1-7** NLT

*What is causing the quarrels and fights among you? Isn't it the whole army of evil desires at war within you?*

*. the reason you don't have what you want is that you don't ask God for it. And even when you do ask, you don't get it because your whole motive is wrong—you want only what will give you pleasure.*

*.He gives us more and more strength to stand against such evil desires. As the Scriptures say, "God sets himself against the proud, but he shows favor to the humble." So humble yourselves before God. **Resist the Devil, and he will flee from you.***

THIS is you *RESISTING THE DEVIL!*

THIS is you *RECEIVING GOD'S POWER!*

THE NUCLEAR BUTTON. *If you are a Child of God.* It is at your disposal.

## ***What's the FRUITFUL Part?***

**Here's the Fruit of the Holy Spirit that God wants out of and because of your fights.**

- *Unresolved issues healed*
- *Unforgiven sins confessed*
- *You and your spouse disciplined*

Pray something like this:

*"God, I know I will have more fights in my marriage.*

*Please forgive me for the way I have hit my spouse below the belt. Been Hurtful. bitter.*

*Forgive me for the times when I played into Satan's hands instead of resisting him.*

*I want to get things out in the open.*

*When we do fight, I want to follow your rules. bringing it to a biblical conclusion.*

*Help me to fight fair. and by your direction.*

*Help me to quit tearing down my spouse and my marriage and start building and strengthening it.*