

Strike the Original Match

How to Have a Good Fight

EPHESIANS 4:25–32



The Heart of the Matter

“The first nine years of our marriage were constant hand-to-hand combat,” admitted a husband. If the truth were known, not some but *most* marriages are marked by periodic skirmishes—and occasionally all-out war! Frequently, marital warfare occurs in the trenches of belligerence or moodiness or both. Some battles are night ambushes or surprise assaults. Others are cold wars of stoic silence. Cruel methods of torture are also employed: public criticism, fearful threats, intimidation, ugly sarcasm, and hateful remarks designed to put down one’s mate. Such tactics are popular . . . but wrong, because they are unfair and never lead to domestic peace. In this message, we will take a look at why couples fight, as well as the rules that can keep any fight clean, good, and beneficial.



Discovering the Way

1. Round One: Basic Facts about Fights

It’s important to remember that most couples don’t really fight until after they are married. And when there are fights, most of them aren’t fair—meaning, no one wins.

2. Round Two: Rules to Fight By (Ephesians 4:25–32)

Paul’s letter to the Ephesians lays out seven key rules that keep fights fair: be committed to honesty and mutual respect, make sure your weapons aren’t deadly, agree together that the time is right, be ready with a positive solution soon after a negative swing, watch your words and guard your tone, don’t swing at your mate in public, and when it’s over, clean up the mess.

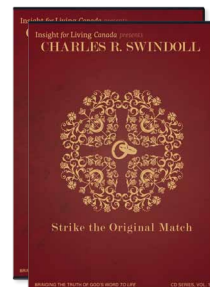


Starting Your Journey

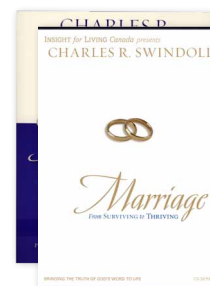
Finally, as fights occur in your marriage, remember how to stop most of them: as soon as you’re beaten, surrender!



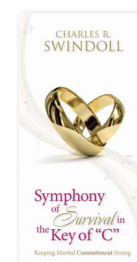
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