

How to “Fight” Right

Every married couple will have disagreements and arguments along the way—it’s just a part of life. Don’t let disagreements turn into “ugly fights.” Resolve disagreements in a Christ-like way. The following acrostic can help.

F FACE EACH OTHER

Look each other in the eye as you discuss problems. This is God’s way of dealing with serious problems and differences (Ezekiel 20:35)

I IGNORE DISTRACTIONS

Do not bring up “side issues” or other problems.
Do not ignore the issue at hand — I’ll only surface again anyway!

G GUARD YOUR TONGUE

Do not ever raise your voice or resort to name-calling. (James 3:5-18)

H HALT THE HISTORY

Do not bring up the past. If you remember the past, then remember also the forgiveness! (Ephesians 4:32; Colossians 3:13)

T TOUCH

Hold hands while you are talking, until you’ve prayed together. This is an expression of your love and commitment to each other — that no quarrel could ever break up.

S STAY IN THERE

Deal with the conflict until it is resolved. Don’t go to bed until it is fully and properly dealt with. (Ephesians 4:26)

