

How to Have a Perfect Healthy Family
Fight Fair
April 24, 2022

1. Growing up, how would you describe how your family handled conflict?
2. Discuss the following statements
Myth #1 - Perfect families don't fight.
Truth – Healthy families fight fair.
It's not if we fight, it's how we fight.
3. *Don't be misled – you cannot mock the justice of God. You will always reap what you sow.*
(Galatians 6:7)
Question: How have you seen this play out in your family?
4. **3 Rules to Fighting Fair: Read the following rules for fighting and discuss with your group.**

Rule #1: Listen to **understand**, not to **reload**.

Fools find no pleasure in understanding but delight in airing their own opinions. (Proverbs 18:2)

*...everyone should be **quick to listen**...* (James 1:19)

Rule #2: Talk to **help**, not to **hurt**.

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. (Ephesians 4:29)

*Everyone should be quick to listen, **slow to speak**, and slow to become angry.* (James 1:19)

Rule #3: Resolve your conflict today or it will be bigger tomorrow.

In your anger do not sin. Do not let the sun go down while you are still angry. (Ephesians 4:26)