

Fight Fair
Week 1 in Relationship Goals

April 11, 2021
Pastor Theo Myer

Conflict is _____ ... Causalities are _____

Dealing with Anger (Ephesians 4:25-32)

- Don't sin by letting anger _____ you
- The purpose of anger is to give us _____ to deal with conflict

How?

1. _____ your anger (v 25)
2. _____ your anger for up to one day (vs 26-27, Psalm 4:4)
3. Express your anger _____ (v 29)
 - Be honest
 - "I feel ... because ..." is a good habit
 - Attack the problem, not the person
 - Assume the best motives unless specifically stated

The results of fighting fair: _____

Remember!

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Suggestions for reflection and prayer during conflict:

- Remind yourself who you are: God's child, loved, accept His way
- Ask for God's help to sort out some questions
 - Why am I angry?
 - What am I assuming that was not said?
 - What do I need to say so I'm understood?
 - What do I need to ask to understand?
- Pray blessings for the other person
- Pray for God's presence when you sort things out