

**FROM THIS DAY FORWARD: I WILL "FIGHT FAIR"**

-Pastor Dan

**KEY PASSAGE:**

<sup>19</sup> My dear brothers and sisters, take note of this: Everyone should **be quick to listen, slow to speak and slow to become angry**,<sup>20</sup> because human anger does not produce the righteousness that God desires.

<sup>22</sup> Do not merely listen to the word, and so deceive yourselves. Do what it says. James 1:19-20, 22

• **LISTEN** For Words, Tone and Body Language.

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

• **Pause Before You SPEAK** .

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

<sup>6</sup> The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell...<sup>9</sup> With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness.<sup>10</sup> Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. James 3:6-9

• **Be Godly In Your ANGER.**

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

<sup>26</sup> "In your anger do not sin": Do not let the sun go down while you are still angry,<sup>27</sup> and do not give the devil a foothold. Ephesians 4:26-27

• **Seek To Reconcile. "Heal The Relationship" – Not "Win".**

<sup>8</sup> Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble.<sup>9</sup> Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing.

1 Peter 3:8-9







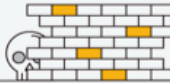

<sup>17</sup> Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!<sup>18</sup> All this is from God, who reconciled us to himself through Christ and **gave us the ministry of reconciliation**:

2 Corinthians 5:17-18

• **I Was Wrong – Will You FORGIVE Me?**

Be kind and compassionate to one another, **forgiving each other**, just as in Christ God forgave you. Ephesians 4:32

## THE FOUR HORSEMEN AND HOW TO STOP THEM WITH THEIR ANTIDOTES

<b>CRITICISM</b> Verbally attacking personality or character. 	<b>GENTLE START UP</b> Talk about your feelings using "I" statements and express a positive need. 
<b>CONTEMPT</b> Attacking sense of self with an intent to insult or abuse. 	<b>BUILD CULTURE OF APPRECIATION</b> Remind yourself of your partner's positive qualities and find gratitude for positive actions. 
<b>DEFENSIVENESS</b> Victimizing yourself to ward off a perceived attack and reverse the blame. 	<b>TAKE RESPONSIBILITY</b> Accept your partner's perspective and offer an apology for any wrongdoing. 
<b>STONEWALLING</b> Withdrawing to avoid conflict and convey disapproval, distance, and separation. 	<b>PHYSIOLOGICAL SELF-SOOTHING</b> Take a break and spend that time doing something soothing and distracting. 

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