

November 19, 2017

FIGHT FAIR

### Fair Fight Rules

1. Drop the \_\_\_\_\_ - \_\_\_\_\_ categories.

Pro 13:10;16:18; John 6:38; John 13:14; Luke 22:42

Check the \*PrideOmeter:

*\*The Good Fight: How Conflict Can Bring You Closer.* Les & Leslie Parrott.

- Am I \_\_\_\_\_ - \_\_\_\_\_ in the conflict?
- Do I feel \_\_\_\_\_ in the conflict?
- Do I feel \_\_\_\_\_ or unwilling to admit my fault?
- Do I feel like \_\_\_\_\_ the argument is the most important thing?

2. Trade \_\_\_\_\_ to see the issue from their \_\_\_\_\_.

Ro 12:10

“\_\_\_\_\_ *about that.*”

3. Stop punching with your \_\_\_\_\_.

Pro 12:18; 16:21

Use the XYZ formula:

“In \_\_\_\_\_ x, when you z, \_\_\_\_\_ y.”

4. Drop your \_\_\_\_\_ and let a few \_\_\_\_\_

Pr 23:12; John 13:14; Jude 16

*Draw a pie chart of the blame \_\_\_\_\_ and make \_\_\_\_\_ as big as possible.*

5. Determine how many \_\_\_\_\_ you will go.

Eph 4:26

### TALK IT OVER

How would you describe your “fight style?”

- Boxer: I throw lots of punches hoping to score a knockout.
- Wrestler: I don't hit but I will tie you up in knots.
- Judo: I use your offense against you.
- MMA: I'll use any method to win!
- I'm a runner, not a fighter!

Did you have the opportunity this week to use the PrideOmeter questions? How did it affect the conflict? If not, how would those simple questions have affected a past conflict?

Read Proverbs 13:10 & 16:18. What is one simple step you'd like to take to eliminate pride from your conflicts?

What does Romans 12:10 say about empathy? In what conflicts is it most difficult for you to see someone else's perspective? What would you like to do to improve your ability to understand others?

Read Pro 12:18 & 16:21. How could using the XYZ formula help you be more productive in conflict? Role play a few recent conflicts using XYZ.

What is most difficult for you about taking ownership during a fight? How do Pro 23:12 and Jude 16 affect your desire to do so?

What is God teaching you about handling conflict better?

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### 1. Drop the WINNER-LOSER categories.

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Check the \*PrideOmeter:

\*The Good Fight: How Conflict Can Bring You Closer. Les & Leslie Parrott.

- Am I CLOSE-MINDED in the conflict?
- Do I feel SUPERIOR in the conflict?
- Do I feel DEFENSIVE or unwilling to admit my fault?
- Do I feel like WINNING the argument is the most important thing?

### 2. Trade GLOVES to see the issue from their PERSPECTIVE. Ro 12:10

*“TELL ME MORE about that.”*

### 3. Stop punching with your WORDS. Pro 12:18; 16:21

Use the XYZ formula:

*“In SITUATION x, when you z, I FEEL y.”*

### 4. Drop your GUARD and let a few PUNCHES LAND.

Pr 23:12; John 13:14; Jude 16

*Draw a pie chart of the blame TOGETHER and make YOUR SLICE as big as possible.*

### 5. Determine how many ROUNDS you will go. Eph 4:26

How would you describe your “fight style?”

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