

Bulletproof

Fight Fair (Week 1)

LifeNotes

TALK IT OVER

Main Idea

The integrity of our marriage is based on the foundation of our fairness.

Key Scriptures

Do not be deceived, God cannot be mocked. A man reaps what he sows.
Galatians 6:7

Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life.
Galatians 6:8

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.
Galatians 6:9

Key Practices to Fight Fair:

1. I will not call names.

The tongue has the power of life and death. Proverbs 18:21

Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless. James 1:26

2. I will not weaponize the past.

Be kind to one another, tender hearted, forgiving one another as God through Christ has forgiven you. Ephesians 4:32

3. I will give grace when I want to growl.

Do unto others as you would have them do unto you. Matthew 7:12

Start talking.

- What were the dreams you had about your future spouse when you were young?
- How different can reality be from our dreams?

Start thinking.

- Conflict is inevitable in any relationship. Why is this true?
- Why is establishing fairness in our relationships so foundational?
- Read Galatians 6:7 & 8. Talk about the obvious meaning, and think about how this applies to our relationships.

Start sharing.

- Talk through the key practices to fighting fair. Which ones have been easier to abide by in your relationships? Which ones have been more challenging?
- “A happy marriage is the union of two good forgivers.” – Ruth Bell Graham. Talk about this phrase and how forgiveness has been key to your relationships, and how it’s maybe been a struggle.
- How can we better approach our relationships and our marriage with the attitude to “seek to understand” first? How could this change things?
- How have you seen seeds of love, forgiveness and grace sown into your marriage/relationships?

Start doing.

- Read Galatians 6:9. What are ways we can plant seeds this week?
- Read Proverbs 18:21. What are specific ways to speak life into your relationships this week?
- Read Ephesians 4:32. What are ways you can offer forgiveness to your spouse and others in your life?
- Read Matthew 7:12. How can you offer grace to those who simply want to be seen and known and loved?

Closing prayer.

Jesus, thank you for your love, forgiveness and grace in my life. Give me the determination to offer the same to my spouse and to those I love the most. Heal what needs to be healed in me, to offer forgiveness where I’ve been hurt. Show me how to offer grace and kindness in the middle of conflict and difficult conversations. Thank you for faithfulness to produce a harvest of your goodness in my life as I continue to seek you in all I do. In Jesus Name, Amen.