

Wednesday, September 5, 2018
Wednesday night couple's groups
Week 3
"From this day forward"
Small group questions

Main Idea:

All couples fight, but good couples learn to fight fair. When you fight you must "be quick to listen, slow to speak and slow to become angry."

- **What's one idea from the message that really stood out to you? Why did this idea grab your attention?**
- **The keys to fighting fair are found in James 1:19, which says, "Everyone should be quick to listen, slow to speak and slow to become angry." In which of these three ways do you and your spouse do well when you fight and which do you not?**

Read and discuss James 1:19-20 and Proverbs 18:2

Points to help explain:

1:19. The command to be **quick to listen** calls for an eagerness to hear and obey God's message. The appeal to be **slow to speak** demands silence until we have understood and applied the message. It is a call for restraint lest we produce hasty, ill-timed reactions. The challenge to be **slow to become angry** warns against hostile, bitter feelings. We cannot hear God if we remain distracted with resentment, hatred, or vengeful attitudes.

Our society encourages us to express our feelings, whether they be good or bad, peaceful or inflammatory, godly or ungodly. James 1:19, however, pictures the wise person as one who listens to God and others, deliberates a response carefully, and answers with cautious words.

1:20. This verse supports the command to be **slow to become angry**. **Man's anger does not bring about the righteous life that God desires.** The anger prohibited by this passage is not so much a flashing, destructive temper as a simmering pot of hostile, mean-spirited feelings.

Human anger wastes the energies of God's people, produces divisions, and often comes from selfish ambition. The righteousness that God desires includes deeds which are **pure; ... peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere** (Jas. 3:17). Angry words and deeds cannot produce purity and peace. Proverbs 29:22 warns that "an angry man stirs up dissension, and a hot-tempered one commits many sins." Moses' murderous anger in Exodus 2:11-15 resulted in his flight from Egypt and added forty additional years to the misery of the Jews in Egypt (Acts 7:27-32). This should make Christians cautious in our display

of an angry spirit in how we react to each other and more importantly, how we react to our spouses.¹

- **A lot of how we think we are to handle anger comes from our parents' example. How did your parents handle conflict in their marriage? How has that shaped the way you handle conflict in your own marriage?**
- **What steps can you take to become a better listener in your marriage? If you are a good listener, how has that affected the way you fight with your spouse?**

ACTION STEPS:

- **What's one thing you will do this week as a result of something you learned from this message?**

Take steps to fight fair with your spouse this week by reading and talking over the following Bible passages.

- **Proverbs 18:1-13**
- **James 3:1-12**
- **James 1:19-27**

¹ Lea, T. D. (1999). [*Hebrews, James*](#) (Vol. 10, pp. 264-265). Nashville, TN: Broadman & Holman Publishers.