

Wednesday, September 12, 2018  
Wednesday Night Couple's group  
Week 4  
"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?**
- **Do a reality check: How would you evaluate the way you and your spouse fight? Do you typically fight fair or unfair? Explain.**

**Read and discuss Proverbs 21:23 and Ephesians 4:26-27.**

**Points to help explain:**

**Proverbs 21:23 (24)**

Verse 23 simply states that one can avoid trouble by controlling one's mouth, and v. 24 is a functional definition of the scorner as full of arrogant pride. Each is clear enough on its own, but side by side they throw light on each other. The "mocker" is recognized precisely for his obnoxious mouth, and thus the refusal to control the tongue (v. 23) springs directly from arrogance (v. 24). On the other hand, just as those who show humility in their language avoid trouble, one can presume that the mocker gets into trouble with his scornful words and attitudes.<sup>1</sup>

**Ephesians 4:26-27**

Sometimes a Christian may legitimately become angry. Jesus became angry at times. In those times we must be extra careful how we act, for anger gives no excuse to sin. Sinning in anger would include things such as saying unkind things or acting in harmful ways toward others. We may not always be able to keep from getting angry, but we can keep from sinning when we do. When we do get angry, we should deal with it before the day is through.

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<sup>1</sup> Garrett, D. A. (1993). *Proverbs, Ecclesiastes, Song of songs* (Vol. 14, pp. 183-184). Nashville: Broadman & Holman Publishers.

When we allow our anger to become sin or when we allow ourselves to keep our anger for more than a day, it gives the devil an opportunity to gain control over our attitudes, our actions, and our relationships. It gives him a **foothold** to lead us into greater anger and more sin.<sup>2</sup>

- **Recall a time when your mouth got you into trouble in your marriage. What did you learn about your spouse from this experience?**
- **Recall your first fight or one of your early fights as a couple. How has the way you fight changed throughout your marriage?**
- **Is there an area of unforgiveness in your marriage that you have allowed to build up or to be used every time you fight? Are you willing to let it go to grow in your marriage? When is the last time you said “I’m sorry” to 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.**

- **Ephesians 5:21-33**
- **Ephesians 4:25-32**
- **Romans 12:9-21**
- **Matthew 18:21-35**

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<sup>2</sup> Anders, M. (1999). [\*Galatians-Colossians\*](#) (Vol. 8, p. 155). Nashville, TN: Broadman & Holman Publishers.