

To fight fair you must focus on becoming one, not who won!

Mark 10:7-8 NLT

‘This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.’ Since they are no longer two but one...

James 1:19-20 NIV

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

I must become eager to listen!

Proverbs 18:13 NIV

To answer before listening— that is folly and shame.

I must slow down my response!

Matthew 12:36-37 ESV

I tell you, on the day of judgment people will give account for every careless word they speak, for by your words you will be justified, and by your words you will be condemned.”

Proverbs 10:19 HCSB

When there are many words, sin is unavoidable, but the one who controls his lips is wise.

I must lengthen my fuse!

Proverbs 15:18 NIV

A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel.

Proverbs 19:11 NLT

Sensible people control their temper; they earn respect by overlooking wrongs.

Response

I'm going to start fighting to become one with my spouse!