

Fighting Fair and Winning Together

Scripture used: [Romans 12:9-10 \(NLT\)](#)

OVERVIEW

This week's message was a "best of the best" rebroadcast of a message Pastor Hurmon and Dr. Rhonda Hamilton shared a few years ago. Sometimes our relationships with our spouse, parents, friends or siblings are filled with unnecessary pain because of words spoken, accusations hurled, threats, and other harmful actions as a result of not knowing how to resolve conflicts constructively. We want the other to feel the pain that WE are feeling, but the other doesn't always understand this pain. We learn, with the aid of Biblical insights, and real life examples taken from Pastor Hurmon and Dr. Rhonda's marriage, how to fight fair and win as a team; not to fight, wound and punish.

KEY POINTS

1. **The Big Idea:** The way we communicate and solve conflict is learned behavior! Oftentimes, because of our history, we become the very communicators that we vowed NOT to be.
2. **The Good News:** Since communication is learned behavior, we can relearn it! But, we have to ask God to be heavily involved in the details of our lives in order to experience change ([Col 3:8](#))
3. **3 Levels of Communication in Conflict Resolution:**
 - a. **The Words:** Choose the right words. On the flipside of anger, there is always PAIN. We need to be cautious of using words motivated by pain. And we need to understand and acknowledge this pain. ([Col. 3:8](#), [Rom 12:8](#))
 - b. **The Skill:** We need to be mindful of what we say, when we say it, and know how to actively listen with the right attitude. ([James 1:19](#), [Prov. 18:13](#))
 - c. **The Environment:** Do I believe that the other person loves, cares, or respects me?

Helpful Insights

- If I attack them, they will either attack me back or shut down. When in conflict, we should work to understand their feelings, not just their words. We should celebrate their strengths rather than pounding on their weaknesses. When we do this, it changes the emotional environment.
- Change how you fight. (Prayer. [Psalm 143:3](#))
- Remember who you are fighting. It is a spiritual battle, one where Satan is trying to fix our eyes on our anger rather than what God wants us to focus on. (The enemy. [Ephesians 6:12](#))
- And remember what you are fighting for! We first need to assume responsibility for our own personal actions. And rather than change the other person, we should learn to change our expectations. But this always needs to start from a place of respect for the other person first. (The relationship. [Proverbs 12:18](#))

DISCUSSION

- 1) **HEAR:** Communication and conflict resolution is a learned behavior and starts in our childhood homes. What are some positive and negative examples of how your childhood environment influenced your current communication and conflict resolution style?
- 2) **UNDERSTAND:** Read [Romans 12:2, 9-10](#). What are some areas of your communication and conflict resolution style that need tweaking? What are some specific ways that you could show "genuine affection" for and "honor" to the person/people closest to you?
- 3) **DO:** For wives: find 3 things that you love about your husband and tell them every day. For husbands: learn to recognize your pain when you're hurting and acknowledge it. Seek to understand your wife's feelings rather than her words. Assume responsibility for your personal actions. For singles: choose your 2 closest relationships and tell them verbally, or by written note, of some of their strengths so as to build them up and celebrate them.