

HOW CAN WE FIGHT TO TIGHTEN THE KNOT?

1. Take a step back—and pray!

When you are angry, do not sin, and be sure to stop being angry before the end of the day. Do not give the devil a way to defeat you.

(Ephesians 4:26–27, New Century Version)

- Find the right time to talk.
- Don't stuff it!
- You are on the same team!

2. Make it your goal to understand—not win!

Each man must love his wife as he loves himself, and the wife must respect her husband.

(Ephesians 5:33, New Living Translation)

3. Explore your own “reaction buttons.”

- Use “I feel” statements.

“When you said/did _____, I felt _____.”

If another believer sins against you, go privately and point out the offense. If the other person listens and confesses it, you have won that person back.

(Matthew 18:15, NLT)

4. Own your side of the blame.

Why worry about a speck in your friend’s eye when you have a log in your own?

How can you think of saying to your friend, ‘Let me help you get rid of that speck in your eye, ’when you can’t see past the log in your own eye? Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend’s eye.’

(Matthew 7:3–5, NLT)