

# Vows

## “When the Bell Rings, Come Out Swinging”

**Prov. 17:14:** *“Starting a quarrel is like breaching a dam; so drop the matter before a dispute breaks out.”*

**James 4:1:** *“What causes fights and quarrels among you? Don't they come from your desires that battle within you?”*

### How Can I Have A Clean, Marital Fight?

1. Keep it ***honest***.

- **Eph. 4:25:** *“Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.”*

2. Keep it ***controlled***.

- **Eph. 4:26a:** *“In your anger do not sin.”*

3. Keep it ***timed***.

- **Eph. 4:26b-27:** *“Do not let the sun go down while you are still angry,<sup>27</sup> and do not give the devil a foothold.”*

4. Keep it ***constructive***.

- **Eph. 4:28-29:** *“He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.<sup>29</sup> Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”*

5. Keep it ***gracious***.

- **Eph. 4:30-32:** *“And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.<sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.<sup>32</sup> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”*