

The 4 Secrets to Arguing Effectively

Replace:

with Spiritual Alternatives:

1. Criticism

Relaxed Request

PRAY: "Lord, how do you want me to handle this?"

Let us speak the truth in love. - Ephesians 4:15

2. Defensiveness

Reflect & Take Responsibility

PRAY: "Lord, how do you want me to handle this?"

Be quick to listen, slow to speak, and slow to anger.- James 1:19

3. Contempt

Refocus on Positives

PRAY: "Lord, how do you want me to handle this?"

Whatever is true, whatever is noble, whatever is just, whatever is pure, whatever is lovely, whatever is of good report, if there be any virtue, if there be anything praiseworthy, meditate on these things. - Philippians 4:8

4. Stonewalling

Relay Info, Retreat, Then Return

PRAY: "Lord, how do you want me to handle this?"

Therefore, if you bring your gift to the altar, and there remember that your brother has something against you, leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift
- Matthew 5:23-24