



June 7th, 2026

LOVE ACTUALLY (PRACTICALLY): STOP FIGHTING

Big Idea: Stop trying to win the _____ and start trying to win the _____.

Key Passage: James 1:19–20

1. Where Fights Really Begin

Most fights aren't about the _____ issue. They usually start with a _____ beneath the surface.

James teaches that conflict follows a predictable process:

Desire → _____ → _____ (James 1:14–15)

A fight often begins with a desire to: • be _____ • get _____ • stay in _____ • prove a _____

The argument is the flame. The desire is the _____.

If you want to stop fighting, don't focus on the explosion — focus on the _____.

2. Conflict Is a Spiritual Test

For followers of Jesus, conflict is both: • a test of our love for _____ • a test of our love for _____

James 1:2–4 teaches that trials develop _____ and spiritual _____.

The goal isn't avoiding conflict. The goal is becoming _____ through conflict.

3. James' Strategy for Stopping the Fight

James 1:19 "Let every person be **quick to** _____, **slow to** _____, and **slow to become** _____."

A. Quick to Listen

Love slows down and seeks _____.





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B. Slow to Speak

Wisdom creates _____ between feeling and speaking.

James 1:5 — If you lack _____, ask God and He will give it generously.

C. Slow to Become Angry

James 1:20 — Human anger does **not** produce the _____ of God.

You can **win the argument** and still **lose the relationship**.

4. The SPLiT Principle

When conflict begins:

S — Slow Down

Don't escalate. Notice the _____ before it becomes a fire.

P — Pray

Ask God for _____ before responding.

L — Listen

Listen for what is actually being _____.

T — Tell

Share your perspective without attacking, rudeness, or anger.

The first battle isn't with the other person — the first battle is within _____.

5. This Week's Challenge

When the relationship road begins to bend:

• **Slow down** in the curve • **Pray** for wisdom • **Listen** carefully • **Tell** your perspective with honor

Most fights are won or lost in the _____ leading up to the argument.

Next week: **Conversations That Build**

