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Arguing....

The more arguments you win, the less friends you will have.

To answer the question: **What is the difference between disagreeing and arguing?**

When I argue, I am trying to convince the other person that he is wrong and that I am right. I am not seeking to understand. I am not seeking to have a respectful discussion.

I cannot show respect and listen to the other person while I am arguing!

Most arguments begin by a strong emotional reaction to something that is said, because there is something under the

surface in a person's life that causes the reaction.

[Read more about that below.]

Once the emotions kick in and the tongue takes off, **reason leaves the head!**

You will have disagreements! You can decide ahead of time what you are going to do when the disagreement arises.

To avoid a strong emotional reaction to a disagreement requires planning and conviction from the Holy Spirit.

Satan wants to divide us. He wants to destroy marriages and take God's glory. The Holy Spirit shows me that my spouse is not

my enemy; Satan is. My battle is not with my spouse, it is with the real enemy.

A plan - when a disagreement arises:

- **I will** not receive the difference in opinion as a personal attack, regardless of how it sounds at the time.
- **I will** listen and seek to understand my spouse's heart on the issue.
- **I will** speak calmly and with respect. I will not attack my spouse.
- **I will** look for areas of agreement on the issue.
- **I will** affirm my spouse and his opinion, even when I disagree.

Under the Surface

The root cause of conflict [is] unmet desires in our hearts. When we want something and feel that we will not be satisfied unless we get it, that desire starts to control us. If others fail to meet our desires, we sometimes condemn them in our hearts and fight harder to get our own way. Ken Sande

If my goal is to convince the other person that he is wrong and that I am right, then the

argument becomes about who is right or wrong. I can't afford to be wrong, it is too threatening to my own self-worth.

The argument is now about whether you value me and care about me. The fallacy behind this premise is:

• **Disagreement does not mean** that I don't care about you or value you or respect you. It means that I see the situation differently.

- **Disagreement does not mean that** you are wrong and that I am right.
- **Another person** can never be agreeable enough, supportive enough to **make you feel good about yourself. Only God can do that.**

God doesn't love us because of our worth, we are of worth because God loves us.

Martin Luther