

SESSION 3: CONFLICT RESOLUTION

Read (below) "Tips for Biblical Conflict Resolution" before session.

Welcome and Review Last Week's Homework: 20 minutes

Session #3 Teaching: Review Tips for Biblical Conflict Resolution: 10 minutes

Define the problem and stick to the issue. Clearly define the issue and stay on topic during the discussion. Conflict deteriorates when the issue that started the conflict gets lost in angry words, past issues, or hurts tossed into the mix

Pursue purity of heart. "Take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye" (Matt. 7:5 NASB). Before approaching others regarding their faults and shortcomings, prayerfully face up to your own. Confess any way you might have contributed to the problem.

Plan a time for the discussion. Plan a time to meet with the other person when you are both rested and likely to respond in love to the other person's concerns. When you are tired, stressed, and distracted with other responsibilities, things rarely will go well.

Affirm the Relationship. Affirm the relationship before clearly defining the problem.

Listen carefully. Once you share your feelings, listen to the other person's perspective. Lean in; be present.

Forgive. Forgive others as Christ has forgiven you. Make forgiveness concrete with four promises:

- I promise I won't bring this up and use it against you in the future.
- I promise I'm not going to dwell on it in my own heart and mind.
- I'm not going to talk to other people about it.
- I'm not going to let it stand between us or hinder our personal relationship.

Propose a solution. Remember the relationship is more important than the issue. When working toward a solution, consider Philippians 2:4-5: "Each of you should look not only to your own interests, but also to the interests of others. Your attitude should be the same as that of Christ Jesus." Seek solutions that keep everyone's best interests in mind.

Small Group Discussion: 15 minutes

- When you review the "tips" above, what area is the HARDEST for you to do? Why?
- Talk about some solutions that YOU think can help your situation.
- Can you really PROMISE to forgive? Discuss why or why not.
- What are you willing to commit to moving forward?

Small Group Wrap-Up: 10 minutes

What did you cover in your small group time?

What were the biggest take-aways and action items?

Discuss This Week's Homework: 5 minutes

- Discuss how conflict is a GOOD thing. Without some conflict, we are not growing, so talk about how you can embrace it.
- Discuss how you've dealt with conflict in the past and how you want to handle it moving forward.
- Discuss how you can improve conflict resolution with your family.
- Discuss as a family if applicable.

SESSION 3: Weekly Devotional: Day 1

Read Philippians 2:1-8

Resolving conflict requires defeating selfishness.

L=Listen: In your journal, write the date and the Scripture you're studying. After you've read the passage a few times, listen to the Holy Spirit and focus on a verse or two that stands out to you and then write out those verses in your journal. Writing helps you remember the verses...

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I = Investigate: the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary:

Bible Study Tools, or **Easy English Bible**

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F=Focus: to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

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E = Engage: God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you've learned?

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SESSION 3: Weekly Devotional: Day 2

Read Romans 12:9-21

Resolving conflict requires pursuing the other person.

L=Listen: In your journal, write the date and the Scripture you're studying. After you've read the passage a few times, listen to the Holy Spirit and focus on a verse or two that stands out to you and then write out those verses in your journal. Writing helps you remember the verses...

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SESSION 3: Weekly Devotional: Day 3

Read Ephesians 4

Resolving conflict requires forgiveness.

L=Listen: In your journal, write the date and the Scripture you're studying. After you've read the passage a few times, listen to the Holy Spirit and focus on a verse or two that stands out to you and then write out those verses in your journal. Writing helps you remember the verses...

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SESSION 3: Weekly Devotional: Day 4

Read 1 Peter 3:8-22

Resolving conflict requires returning a blessing for an insult.

L=Listen: In your journal, write the date and the Scripture you're studying. After you've read the passage a few times, listen to the Holy Spirit and focus on a verse or two that stands out to you and then write out those verses in your journal. Writing helps you remember the verses...

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