



Life Group Preparation Notes:

Emotionally Healthy Relationships

Session 7 - Fight Cleanly - Resolving Conflict Maturely

In preparation for Life Group:

Watch Vimeo: Session 7. Watch the session at home in preparation for life group.

<https://vimeo.com/332670603> (Password for vimeo link is: EdgeChurch). Make notes as you watch. Share one phrase that impacted you most from the video in group time.

Notes from the video - refer to them when watching the video

Fight Cleanly.

- A core discipleship issue for all followers in the new family of Jesus is to learn how to resolve conflicts maturely.
- *The purpose:* To resolve a conflict maturely by eliminating “dirty fighting” tactics, and by taking responsibility for a difficult issue.

Jesus’ Model of True Peace making.

- He brought disruption in order to bring true peace.
- He did not avoid conflict or appease people.
- He didn’t ignore tensions or differences.

Group Time:

Worship: Suggested song is “What a Beautiful Name/Break every Chain” By Hillsong Worship. Listen to the words of the song and pray back to God a phrase that stands out to you.

Pray: Take 2 minutes of silence to “be still and know that I am God.” Psalm 46:10. Then pray prayers of thanks for His presence.

Check-in: Describe in one or two words how conflict typically was handled in your home growing up (e.g. avoidance, yelling, sarcasm, the silent treatment).

Purpose: To learn how to resolve conflict maturely.

Key Principle: True peace will never come by pretending that what is wrong is right.

Introduction: “Most people are not very good at resolving conflict.

When Jesus said, “Blessed are the peacemakers, for they will be called sons of God” (Matthew 5:9), most people think that Jesus calls us in this verse to be pacifiers and appeasers who ensure that nobody gets upset. We think he wants us to ignore difficult issues and problems and make sure that things remain stable.

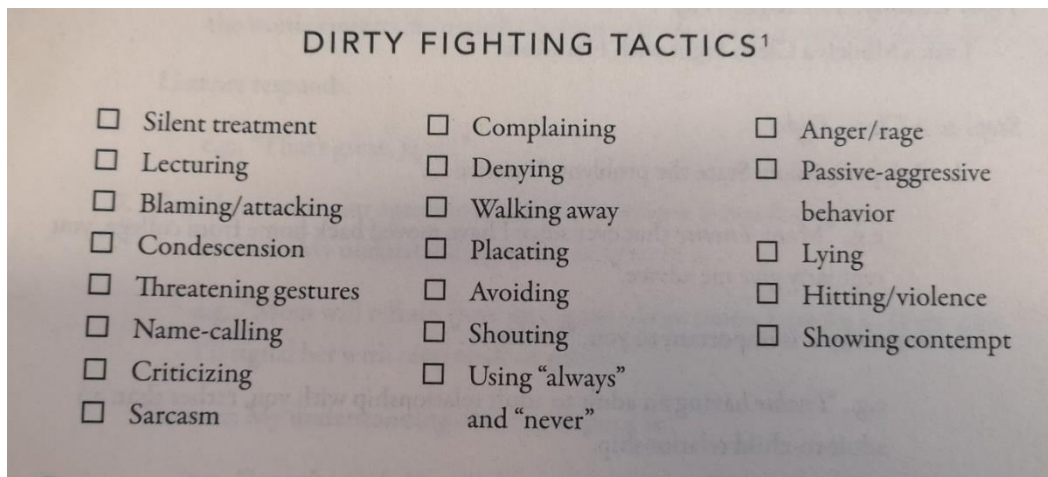
Yet conflict was central to the mission of Jesus. He disrupted the false peace of those all around him - the disciples, the crowds, the religious leaders, the Romans, and those buying and selling in the temple. He taught that true peace making disrupts false peace, even in families (see Matthew 10:34-36).

Why? You can't have the true peace of Christ's kingdom with lies and pretences. True peace will never come through pretending that what is wrong is right. Lies must be exposed to the light and replaced with the truth. The real problem, however, is not in the conflict itself but in how we process and negotiate our differences."

Bible Study: Daniel 1:8-17

Group Discussion:

1. Read Daniel 1:8-17. To these four young men God gave knowledge and understanding of all kinds of literature and learning. And Daniel could understand visions and dreams of all kinds. Consuming the royal food and wine was not permissible for Daniel. What steps did he take to resolve his conflict with those in authority over him?
2. Imagine yourself as Daniel. What might you have done?
3. Describe the result of Daniel's negotiation with the guard.



4. Put a tick next to the dirty fighting tactics that you have used. Share one or two of these with the group.

5. Practice the 4 steps below: Remember to stick to only one issue. Pick a concrete behaviour that is not a strong emotional issue for you.

For example: I notice that you..... I value When you I feel....

1. State the problem. "I notice....." (be concrete when you state the problem. You must describe a behaviour, not just the emotion).
2. State why it is important to you. "I value....."
3. Fill in the following sentence: "When you _____, I feel _____."
4. State your request clearly, respectfully and specifically, including details such as times and/or dates.

Share what has become clearer to you after following the 4 steps above.

6. Jesus says: "Blessed are the peacemakers" (Matthew 5:9). What blessings might there be on the other side of learning this very important skill - in your personal life, relationships, work, or church?

Check-out and Prayer:

Share with the group your commitment to asking permission to resolve the conflict in the relationship.

Bring this before God by surrendering it to Him in prayer.

Application:

Conflict is normal, important and necessary if relationships are to enter their next level of growth and maturity.

If you find yourself stuck in a "fight" that is complex, speak to a counsellor.

- During the next week, practice the conflict resolving skill around another issue, repeating the same process you learned in the session. Pair up with your group partner.

- I plan on practicing the conflict resolving skill:

With Whom? _____

When? _____

Practical: The Conflict Resolving Process:

Speaker: Ask for permission to resolve a conflict.

Listener: Remember to repeat back what you hear the speaker saying by paraphrasing after each sentence (Steps 1-4 below)

Speaker:

1. State the problem. "I notice....."
2. State why it is important to you. "I value.....because...."
3. Fill in the following sentence: "When you..... I feel....."
4. State your request clearly, respectfully, and specifically, including details such as times and / or dates.

Listener:

5. Consider the request. Briefly share your feelings and perspective on it.
6. Are you willing to do all of it, part of it, no one of it?

Speaker:

7. Agree on the (modified) request or offer an alternative. Keep going back and forth until you come to an agreement, but not more than three times.

Together:

8. Write your agreement and plan to go over it in two or four weeks.
 - Speaker: My understanding of the agreement is: _____
 - Listener: My understanding of the agreement is: _____
- Print the notes and create a file for future reference. Bring your file to life group each week

Others:

Watch for opportunities to share with others an aspect that has been meaningful to you from this session.

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