

Relationships

(A Mess Worth Making)

desert breeze
community church



Saturday & Sunday, February 20/21, 2016

Ray Davis

“Resolving Conflict”

Life is all about relationships. Our fondest memories and deepest hurts involve relationships. Healthy people create healthy relationships (Matt22:34-40). Because we live in a broken world with conflict everywhere, healthy people know how to resolve conflict. Resolving conflict is one of the most important skills in life. The Gospel is a model and motivation for conflict resolution unlike anything else. Do you have good conflict resolution skills?

Galatians 5:13-15

The Damage of Unresolved Conflict:

- 1) It hinders my fellowship with God. Matt5:23-24; 1Peter 3:7
- 2) It hinders my Christian witness of the love & power of Christ. John 13:34-35
- 3) It hinders new relationships with old baggage. Hebrews12:15
- 4) It hinders my happiness in life. Pro17:1

Four Basic Ways People Respond To Conflict:

Romans 12:17-18

- 1) Fight (Attack) Open Anger: blunt, forceful, loud, opinionated, insensitive, repetitive, strong willed, etc.
- 2) Flight (Escape) Passive Anger: silent, sulking, pouting, deliberately evasive and obstinate, back biting, etc.
- 3) Freeze (Immobilized) Suppressed Anger: reserved, pretentious, moody, depressed, resentful, paralyzed, egg shell walking, wonder if my opinion matters, etc.
- 4) Face (Peacemaking) Hallmarks of Health: Deep significance, Firm authenticity and self-giving love (Eph4:14).

Which one of these is your most natural response to conflict?

Resolving Conflict: (“The Peacemaker” by Ken Sande)

Colossians 3:12-15

- 1) Glorify God (1Cor10:31). How can I honor God in this situation? If God is most glorified in us when we are most satisfied in Him, then when we are most satisfied in Him we will be less sensitive and insensitive to others.
- 2) Get the Log Out Of Your Eye (Matt5:7). How can I own my part of this conflict? Even if you are only 2% responsible for a conflict, you are still 100% responsible for your 2%. How? Express regret: I’m sorry. Accept Responsibility: I was wrong. Make restitution: What can I do to make it right? Genuinely repent: I’ll try not to do that again. Request forgiveness: Will you please forgive me? (The Five Languages of Apology-Chapman & Thomas)
- 3) Gently Restore (Gal6:1). How can I help others own their contribution to this conflict? A critical marker to the soundness of a relationship is the extent to which both people can bring up and resolve issues in a loving manner. How? Affirm and validate. Use the formula, when you do “A” I feel “B”. Balance truth with grace.
- 4) Go and be reconciled (Matt5:24). How can I give forgiveness and help reach a reasonable solution? Only takes one to forgive (past). It takes two to reconcile (present). A person must show by their actions over time that they are trustworthy (future).

Growing Notes

- 1) Why do you think that conflict resolution is such an important skill? How is the Gospel a model and motivation for conflict resolution unlike anything else?
- 2) Read Galatians 5:13-15. What is the damage of unresolved conflict? How have you seen this damage in or around your life?
- 3) Read Romans 12:17-18. What are the four basic ways people respond to conflict? How did your family of origin deal with conflict? Which one of these is your most natural responses to conflict?
- 4) Read Colossians 3:12-15. Review the four steps to resolving conflict. Which of these do you need to work on the most? How does knowing that we are dearly love, completely forgiven, and eternally reconciled to God help you offer the same to others? Pray that db is full of peacemakers.