



Week 2: Deal With It

GET GOING

You can count on conflict as long as you're alive. Even the most peace-loving among us gets into a spat every once in awhile. Our tendency is to fight or flee. Is there a healthier way to handle conflict? Let's talk about it!

DISCUSS

1. **What is one of the strangest things you have ever eaten?**
2. **What do you do when you are a guest in someone's house and they serve you something you really don't like?**
3. **On a scale of 1 to 10, how well do you respond to being told you are wrong (with 1 being "I agree with them immediately" and 10 being "'Wrong' isn't a part of my vocabulary")?**
4. **Read Proverbs 12:18. What's the point of this verse? How would you say this in your own words?**
5. **How have you seen a wise response diffuse a conflict and bring healing?**
6. *How we say, what we say, certainly matters. John says Jesus was full of both grace and truth (John 1:14). Which one do you tend toward?*
7. There are some arguments we have so often they become a "script" (The lines are predictable and well rehearsed). **What would it look like to "flip the script"? In other words, what could you do next time you start down the same old tired road to get a different result?** (Examples: Go away and write a response, decide to only talk about the specific incident instead of the past, pray first, pause and talk about something else).
8. **Words can have a powerful *positive* effect too, what was the most recent compliment you received and savored?**

WRAP IT UP

Maybe we wouldn't get into as many fights if our souls were already full. It really helps to fill up on God's words so that the words of others don't phase us so much. Then, when we do get into a conflict we can respond with the right approach: full of grace and truth. What new tactic do you need to try this week so that you can turn the corner in conflict?