

SESSION #2: CONFLICT RESOLUTION

Read **“Tips for Biblical Conflict Resolution”** before session.

Review Last Week's Homework: 20 minutes

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.

Discussion: 20 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?**

Discuss This Week's Homework: 10 minutes

- **Review “stressors” from Session #1 and talk about them using active listening.**
- **Pick 5 new and innovative strategies to address those “stressors”.**
- **Walk away and apply the above tips individually and then re-discuss at another time this week.**