

SESSION 3: CONFLICT RESOLUTION

Welcome and Review Last Week's Challenging Question (10 minutes):

Welcome back, everyone. Let's take a moment to discuss one specific way you showed love and appreciation to your spouse last week.

Session #3 Teaching: Review Tips for Biblical Conflict Resolution (5 minutes):

Today, we'll be revisiting the important topic of conflict resolution. Conflict is a natural part of relationships, but how we handle it can make all the difference. Here are some key tips for resolving conflicts in a biblical and constructive manner:

- **Define the problem and stick to the issue:** *Clearly define the issue at hand and stay focused during the discussion. Avoid letting past grievances or unrelated issues cloud the conversation.*
- **Pursue purity of heart:** *Before addressing the concerns of others, take time to examine your own heart and confess any wrongdoing. Approach the conversation with humility and a willingness to acknowledge your own faults.*
- **Plan a time for the discussion:** *Choose a time when both parties are rested and calm to discuss the conflict. Avoid addressing issues when emotions are running high or distractions are present.*
- **Affirm the Relationship:** *Start the conversation by affirming your commitment to the relationship. Assure the other person of your love and respect before diving into the problem.*
- **Listen carefully:** *Practice active listening during the conversation. Give the other person your full attention and seek to understand their perspective before responding.*
- **Forgive:** *Extend forgiveness to the other person as Christ has forgiven you. Make concrete promises to let go of resentment and not allow the conflict to hinder your relationship.*
- **Propose a solution:** *Work together to find a resolution that benefits both parties. Keep the focus on maintaining the relationship rather than winning the argument.*

Small Group Discussion (30 minutes):

- *What aspect of conflict resolution do you find most challenging, and why?*
- *How can you implement these tips in your own relationships?*
- *Can you truly commit to forgiveness? Discuss the challenges and benefits.*
- *What steps are you willing to take to improve conflict resolution in your family?*

Wrap-Up Question (10 minutes)

Let's reconvene as a larger group. What were the main takeaways from your small group discussions? Any action items or insights you'd like to share with the rest of the group?

Challenging Question for Couples During the Week:

Reflect on a recent conflict you experienced and consider how you handled it. What could you have done differently to resolve the conflict more effectively while preserving the relationship?