

Life Happens

Conflict, in and of itself, is not bad—but how we handle it can be good or bad.

Conflict may be inevitable, but it's also resolvable.

Communicate truthfully.

*So discard every form of dishonesty and lying so that you will be known as one who always speaks the truth. Ephesians 4:25a (TPT)*

Communicate tenderly.

*Love should always make us tell the truth. Ephesians 4:15 (CEV)*

Love without truth is hypocrisy, but truth without love can be brutality.

Communicate timely.

*Don't get so angry that you sin. Don't go to bed angry and don't give the devil a chance. Ephesians 4:26-27 (CEV)*

Anger, in and of itself, is not sinful.

Communicate tactfully.

*Do not use harmful words, but only helpful words, the kind that build up and provide what is needed, so that what you say will do good to those who hear you. Ephesians 4:29 (GNT)*

Do not use absolutes.

Do not interrupt.

Do not name call.

Do not compare.

Do not threaten.

Do not harp on the past.

Do not give up.

*Talk About It . . .*

1. What's one thing that brings joy into your life?
2. What's one thing that brings sadness into your life?
3. Describe how your parents dealt with conflict in their relationship. What did you learn from that? How are you similar to or different from your parents in the way you normally deal with conflict in relationships?
4. What do you think of the idea that—conflict, in and of itself, is not bad—but how we handle it can be good or bad?
5. What do you think of the idea that—conflict may be inevitable, but it's also resolvable?
6. How truthfully do you think you normally communicate in relationships? How would you like that to change?
7. How do you think anger should be dealt with in relationships?
8. How do you normally express your anger when you become angry with someone? How would you like that to change?
9. How often do you find yourself engaging in name calling when a conflict erupts in a relationship? How would you like that to change?
10. How often do you tend to harp on what has not gone the way you wanted in the past in your relationships? How would you like that to change?
11. What specifically do you believe God would want you to change in some of your closest relationships?