

RESOLVING EVERDAY CONFLICT

Week 2 | A New Way of Thinking

UNDERSTANDING DIFFERENT APPROACHES TO CONFLICT

- Attack Responses (Fight)
 - Blame Shifting: “It’s your fault”
 - Blame shifting often leads to gossip, as you talk to other people and “try” your case in the court of public opinion
 - Assault
 - Using verbal or physical force or intimidation to make others give in
 - Intellectual force
 - Abusive Language
 - Relational punishment/Social threats
 - Passive-Aggression

UNDERSTANDING DIFFERENT APPROACHES TO CONFLICT

- **Escape Responses (Flight)**
 - **Deny the Conflict:** “There is no ‘real’ conflict.”
 - We rationalize conflict as disagreement or social friction/personality differences to avoid confrontation
 - **Deny Your Role:** “I might have contributed, but I am primarily the offended so I’m waiting for them to step up first. It isn’t the time to focus on my sin.”

UNDERSTANDING DIFFERENT APPROACHES TO CONFLICT

- Ignore the Conflict: “Let’s just go along to get along. It’s not worth risking awkwardness and tension”
- Run: “Time to relationally bail.”

DISCUSS

- **Which responses do you naturally tend to default to? As you reflect, why do you think you tend toward those particular unhealthy responses as opposed to the rest of them?**

PEACEMAKING RESPONSES (RECONCILIATION) WITH 4 G'S

- **Glorify God (1 Cor. 10:31)**
 - This first step here encourages us to clarify our highest values: “How can I please and honor God in this situation?”
- **Get the Log Out of our Own Eye (Matt. 7:1-5)**
 - This second step encourages us to examine our own attitudes and failures, understanding how you may have contributed to conflict and giving a thorough and humble confession.

PEACEMAKING RESPONSES (RECONCILIATION) WITH 4 G'S

- Gently Restore (Gal. 6:1)
 - Respectfully and graciously help others to see how they have contributed to the conflict
- Get Together on Lasting Solutions (Matt. 5:23-24)
 - Focus on preserving and restoring the relationship to what it was—nothing more, necessarily—through forgiveness that leads to a lasting resolution/clarification moving forward

DISCUSS

Which one of these major steps have you found to be the most difficult in your experience of conflict? Why?

OVERLOOKING AN OFFENSE—THE PRE-RECONCILIATION QUESTION

- “Good sense makes one slow to anger, and it is his glory to overlook an offense.” Prov. 19:11
- Pray for Discernment
- Ask Three Questions in Practical Wisdom
 - Will this offense create a wall between me and someone else or cause me to feel differently toward them in a negative way for more than a very short period of time?
 - Will this offense cause serious harm (if not to me, to God’s reputation, to others or to the offender?)
 - Is this offense a one-off occurrence or a destructive pattern?
- Consult wise counselors about how to move forward, without identifying details

DISCUSS: TO OVERLOOK OR NOT?

1. A neighbor blows his grass clippings into your yard.
2. A passenger in your car keeps giving you unsolicited driving advice
3. You see a church member take money out of the offering box
4. An extroverted co-worker talks continuously and it's incredibly annoying and distracting
5. A group of teens bullies a child at school
6. Your spouse audibly sighs trying to get by you in the hallway
7. Stranger leaves their grocery cart in front of your car
8. You find pornography on your friend's laptop while trying to check Facebook at their house
9. Someone else is intentionally given credit for your accomplishment or idea at work or school
10. Someone is late to your group event due to poor planning for the fourth time in a row.