



Part 4: Mad About You

6 Steps for Handling Conflict (Ephesians 4:23-32)

1. Switch _____

“...be made new in the attitude of your minds... put on the new self, created to be like God in true righteousness and holiness.” Eph. 4:23 (See Philippians 2:2-4)

“I plead with Euodia and I plead with Syntyche to agree with each other in the Lord.” Ph 4:3

2. Speak _____

“Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.” Eph. 4:25

3. Say _____

“In your anger do not sin’: Do not let the sun go down while you are still angry, and do not give the devil a foothold.” Eph. 4:26

4. Soften _____

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” Eph. 4:29

Ways to speak helpfully:

- _____ but don't _____
- Be _____
- Be _____
- Be _____

5. Stop _____

“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.” Eph. 4:31

“Flooded”:

Conflict Worseners:

- _____ : Yell during arguments
- _____ : Cry during arguments
- _____ : Pout during arguments
- _____ : Manipulate during arguments

6. Seek _____

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” Eph. 4:32

Forgiveness is difficult because it deals with our _____

Notice what is missing in the Bible's advice on conflict:
An emphasis on _____

Research shows: Nearly _____% of your conflicts will never be resolved!

The Bible's emphasis:

Daily Meditations

Take a few minutes every day to read Scripture, pray, and answer some thought-provoking questions pertaining to this week's topic.

This week's memory verse:

“In your anger do not sin’: Do not let the sun go down while you are still angry, and do not give the devil a foothold.” Eph. 4:26

Monday

Read Ephesians 4:23-32. According to your notes from Sunday, what are 6 practical steps you can take to deal with conflict? Which of these steps is hardest for you? Why?

With whom do you tend to live in conflict:

- | | |
|---------------|-----------------------------|
| ___ Spouse | ___ Kids |
| ___ Boss | ___ Self |
| ___ Parents | ___ Friends |
| ___ Relatives | ___ Strangers on road, etc. |
| ___ Other: | |

TLC Message by Rene Schlaepfer for March 2 & 3, 2002

What did you learn this weekend about living in peace with the group(s) you checked above?

Ask God today to help you resolve conflict His way: With gentleness and a focus on Christ!

Tuesday

Read Proverbs 15:1; 29:11; 30:33; and Ecclesiastes 7:9. When God inspired the Bible writers, he knew one of our most basic needs as human beings would be to learn how to handle conflict. Many of these verses contain a simple truth: The best way to manage conflict is not to start unnecessary conflict. What principles speak to you from these verses?

If you had to choose one of these verses to challenge you this week, which would it be?

Ask the Lord today to help you think before you speak -- to help you reduce conflict by not starting unnecessary conflict. Thank Him for His strength which enables you to do this.

Wednesday

Read James 4:1-3 and Ephesians 4:26. The churches and communities to whom James and Paul were writing apparently struggled with fights and quarrels. According to these verses, what is at the root of much conflict?

According to these verses, how are we to handle our desires?

How is this different from the way we usually deal with them?

Have you ever had a conflict with another believer? Were "battling desires" at the root?

What happened? Has this conflict ever been resolved? If so, how did it get resolved? If not, why not follow Scripture and get it resolved today?

Today ask the Lord to help you resolve any conflict you have with others and thank Him that He is the great Peacemaker who made peace with us through the cross!

Thursday

Read Philippians 4:1-3. How is it possible for people who have once served together for the Lord to now live in extended conflict?

Are you holding a grudge or feeling angry with another believer?

If God had the Apostle Paul appear before you and ask you by name to put your differences aside for the sake of the cause of the gospel, would you? Try an experiment: Put your name and the other person's name in place of "Euodia and Syntyche" and read Paul's admonition out loud to yourself. Will you be willing to follow Scripture?

Ask the Lord to show you if there is conflict between you and another. Ask for His strength to make it right today. You may think you can't straighten it out, but He will empower you to do it!

Friday

Reread Phil. 4:1-3. Notice Paul's response to these women: What is his manner -- does he command, threaten, or push?

What words does he use to describe them?

Is he gentle or is he harshly authoritarian?

Someone said: "Sometimes we go to extremes when we see conflict around us: Either we ignore it or we are too harsh in dealing with it." How does Paul avoid either extreme?

What do you tend to do when dealing with conflict?

Also, note that Paul, although a famed leader of the early church, does not "pull rank" on these women. Why doesn't Paul exhibit a more authoritarian style? (See Gal. 6:1 for more on gentleness)

Ask the Lord to reveal to you conflict between others that you may help to mediate. Pray that God will help you deal with conflict around you gently and effectively.

Saturday

Take the time today to go over any devotions you may have missed and to complete your memorization of the verse at the top of the first page. What points or verses have been particularly meaningful for you this week? Pray for the ministry tomorrow! Thank you!

FYI: We have several weekly Home Groups meeting all over the county. Many share and discuss their responses to the sermon and daily meditations. If you'd like to join, call Jim Josselyn at 465-3331

Useful Words

Below you'll find a long list of scripted phrases. By using them when arguments go too negative, you'll be able to keep your discussions from spiraling out of control. Some couples even copy this list and stick it on their refrigerator for handy reference.

Useful words for "I feel..."

1. I'm getting scared.
2. Please say that more gently.
3. Did I do something wrong?
4. That hurt my feelings.
5. That felt like an insult.
6. I'm feeling sad.
7. I feel blamed. Can you rephrase that?
8. I'm feeling unappreciated.
9. I feel defensive. Can you rephrase that?
10. Please don't lecture me.
11. I don't feel like you understand me right now.
12. I am starting to feel flooded.
13. I feel criticized. Can you rephrase that?
14. I'm getting worried.

Useful words for "We need to calm down"

1. Can you make things safer for me?
2. I need things to be calmer right now.
3. I need your support right now.
4. Just listen to me right now and try to understand.
5. Tell me you love me.
6. Can I have a kiss?
7. Can I take that back?
8. Please be gentler with me.
9. Please help me calm down.
10. Please be quiet and listen to me.
11. This is important to me. Please listen.
12. I need to finish what I was saying.
13. I am starting to feel flooded.
14. I feel criticized. Can you rephrase that?
15. Can we take a break?

Useful words for "Sorry..."

1. My reactions were too extreme. Sorry.
2. I really blew that one.
3. Let me try again.
4. I want to be gentler to you right now, and I don't know how.
5. Tell me what you hear me saying.
6. I can see my part in all this.

7. How can I make things better?
8. Let's try that over again.
9. What you are saying is...
10. Let me start again in a softer way.
11. I'm sorry. Please forgive me.

Useful words for changing gears

1. You're starting to convince me.
2. I agree with part of what you're saying.
3. Let's compromise here.
4. Let's find our common ground.
5. I never thought of things that way.
6. This problem is not very serious in the big picture.
7. I think your point of view makes sense.
8. Let's agree to include both our views in a solution.
9. I am thankful for...
10. One thing I admire about you is...
11. I see what you're talking about.

Useful words for "Stop!"

1. I might be wrong here.
2. Please, let's stop for a while.
3. Let's take a break.
4. Give me a moment. I'll be back.
5. I'm feeling flooded.
6. Please stop.
7. Let's agree to disagree here.
8. Let's start all over again.
9. Hang in there. Don't withdraw.
10. I want to change the topic.
11. We are getting off track.

Generally useful words!

1. I know this isn't your fault.
2. My part of this problem is...
3. I see your point.
4. Thank you for...
5. That's a good point.
6. We are both saying...
7. I understand.
8. I love you.
9. I am thankful for...
10. One thing I admire about you is...
11. This is not your problem, it's our problem.