**Conflict**

**Session Goal:** To help participants realize that conflict is part of all relationships and to provide insights and tools to help them deal with conflict in constructive ways.

**So What?**

As you view the video, consider these questions.

* What do you think was the main point of the video?
* Which character do you identify with most in this week’s video? Why?
* People often respond to conflict in three ways: fight, flight, or fright? Which one of these would you say is your response?
* What might be the positive and/or negative aspects of your conflict response?
* Think of one or two close relationships. How would you say they respond to conflict?
* What might be some ways you or those in your group could help you to make the best and most godly response to conflicts you are encountering in your relationships at home, school, work, and so forth?

**What Does the Bible Say?**

Read Romans 12: 9-21.

List some key teachings from this passage that are useful in conflict resolution.

How might each teaching be helpful in conflict resolution?

Which of these “keys” do you find easy to apply in your life? Which of these “keys” do you find difficult to apply in your life?

What does Pau advocate in verse 18? Do you find this directive difficult or easy?

Read Ephesians 4:25-32.

What command does verse 25 give? How do you think this will “look” in a conflict situation in which a believer is involved?

How important an element do you think “in your anger do not sin” is to conflict resolution?

How well do you temper your anger in conflict resolution?

What does verse 29 teach about your choice of words in conflict resolution? What might be some ways to “build others up” even in a conflict situation?

How easy is it for you to “forgive” (v. 32) when you are in a conflict situation?

**How Does This Affect My Life?**

What are some factors that influence the way individuals experience conflict?

In what relationships in your life are you currently dealing with conflict?

What are some ways you are dealing with that conflict? Are the practices you are using helping or hindering the points of conflict?

**Now What?**

Option One

Covenant with your group members to ask these questions when conflicts arise this week.

* In my attempts to resolve conflicted issues, I will examine my words and ask: Are they lovingly truthful? Are they uplifting and supportive? What changes might I need to make to align them with God’s Word?
* How might the members of your group help you be accountable for your words?

Option Two

Discuss the “Techniques for Resolving Conflict” list by Dr. Roy Rotz.

* In what areas are you doing well in resolving conflict?
* What steps can you take to improve the way you deal with conflict?

**Techniques for Resolving Conflict**

Dr. Roy Rotz (2011)

**Understand that differences and disagreements** are a normal part of any relationship.

**Know that anger is a signal** that something is wrong. If you become angry, talk about it using “I” statements.

**Set aside a time and place** to deal with the conflict. When emotions are out of control, take time to step back, calm down, think, and then come back together to work out the situation.

**Define** the problem or conflict. Focus on *what* the problem is; not *who* the problem is.

**Identify your own understanding** of the problem and listen to the other person’s explanation of his/her understanding on the problem.

**Discover** areas of agreement and disagreement. Focus on similarities instead of differences.

**Stay on the subject** of the immediate conflict; don’t bring up past baggage.

**Explore options** for resolution. Get creative; think outside the box.

**Focus on the solution**, not the problem.

**Value** the other person.

**Allow for the needs of each person to be met**. Identify the needs of each person and do your best to meet them.

**Close the issue**. When a conflict or problem has been satisfactorily resolved, close the issue in a tangible way that is mutually acceptable.