



FIGHT CLEANLY

This series will give you FIVE RELATIONAL SKILLS to put into practice in your relationships.

By the end of the series you will know how to better give love and also receive love.

You will enjoy better EMOTIONAL and RELATIONAL health.

This week's message explores how to deal with conflict and tension in relationships.

OPENING QUESTIONS - Use one or both of these questions to connect with others in your group:

1. What do you think about the conflict between Aaron Rodgers and the Packers?
2. Do you think you are a Spewer, an Avoider, or a Worrier?

KEY POINTS - take a minute to review the key points from this weekend's message

How can we resolve conflicts in a way that honors God?

1. *Do your part to live in peace with everyone as much as possible.* – Romans 12:18
 - a. Apologize
 - b. Don't avoid
 - c. Say, "Help me become a PEACEMAKER instead of a CONFLICT CREATOR."
2. Never repay evil with evil.
 - a. Conquer evil by doing good
 - b. Be quick to listen, slow to speak, and slow to get angry
 - c. Be gentle; de-escalate conflict
3. Leave room for God
 - a. Don't take revenge here on earth. Let go and let God.

b. "Pray and let God worry." ~Martin Luther

4. Start conflict resolution by saying:

a. "Hey... I want to live at peace. I want to resolve this conflict. How do you think we can do that?"

SCRIPTURES USED IN THIS MESSAGE: Romans 12:18-21, Proverbs 15:1, 16:28, 28:25, 29:22, Titus 3:10, James 1:19-20, Deuteronomy 32:4

RESPOND

1. Did you have an "Ah-Ha" moment from this week's message? What was it?
2. Do you have an unresolved conflict keeping you awake at night in your life right now? What is your "go-to" reaction to conflict like this?
3. Name a time when you were a Peace Maker. Name a time when you were a Conflict Creator.
4. Read Titus 3:10 out loud. What does that mean to you? Do you think some conflicts can't be resolved?
5. In your own words, what's the difference between making peace *in* a relationship vs. peace *about* a relationship?

APPLY

Pick one conflict in your life and tell the group what your first step will be towards resolving it. Pray as a group for each process that it will be God-honoring, no matter where it leads.

PRAY