

The Talk Fight!

It is impossible to escape conflict in our lives. Conflict can occur in any marriage, relationship or friendship at any time. When conflict arises, we can find it difficult to listen or want to listen to what the other person is saying. In James 1:19, it tells us to be quick to listen, slow to speak and slow to become angry. Often, when we are angry, we say things that we end up regretting. We must remember that life and death are in the power of the tongue (Proverbs 18:21). It is also imperative that we are people that show forgiveness. There is no offense so great that the cross of Jesus cannot cover.

GETTING STARTED

How do you typically react when conflict arises in a relationship? Do you usually avoid the conflict at all costs, passionately compete, give in, compromise, etc.? When conflict occurs, are you a verbal or internal processor, and why does that matter?

GO DEEPER

1. According to Proverbs 18:21, the tongue has the power of life and death. What is okay to say and not say when a conflict arises? How do we respond to a person when the words spoken are not life-giving? How do you identify what the root of the problem is, versus attacking the other person?
2. In James 1:19, we are to be quick to hear, slow to speak, and slow to anger. What is the difference between really listening versus just not talking? In the midst of a conflict, how difficult is it to really see and understand the other person's perspective?
3. In Song of Solomon 5:9, it talks about the value of having friendships who are for your marriage. How should a wise friend respond when conflict arises in your marriage or in a significant relationship? What kinds of things should they say or encourage?

MAKE IT PERSONAL

1. What conflict do you find yourself in with your spouse or with a significant person in your life? How are you handling that conflict in healthy ways and/or unhealthy ways? What needs to change in how you navigate the conflict?
2. How prepared are you for the next conflict to arise? Which area do you need to work on the most (e.g. speaking life, listening carefully, surrounding yourself with wise friends, or forgiveness)?
3. Healthy conflict can bring you to a place of unity. How unified are you in your marriage (or in your relationships with those closest to you)? What steps do you need to take to restore unity?

PRACTICE IT NOW

First, take some time individually to ask God to show you what you need to work on in how you handle conflict. Then come back together as a group and share what He might have revealed. Then ask Him to bless your relationships with others. Ask Him for an increased grace to listen, love, and forgive others when conflicts arise. Ask Him for the ability to navigate conflict in healthy ways.

BLESS

Inviting someone to eat a meal with you communicates a high level of value and importance. Who can you reach out to this week and eat a meal with that doesn't know Jesus but needs to feel valued and honored?