

## CROSSFIT

### How to Resolve Conflict

1. Open in prayer.
2. Pastor Derwin said, "One of the greatest gifts the Church can give the world is a model of how to resolve conflict."
  - Why is this important to Jesus, His Church, and the culture?
3. Pastor Derwin said, "Attempting to resolve conflict is an act of worship, discipleship at its deepest, and a source of healing for the world."
  - Discuss what this statement means to you as a Christ-follower.

#### How Do You Resolve Conflict?

1. By remembering to give away the grace Jesus gave you. Read Romans 5:10 (CSB).
  - How does remembering the grace Jesus gave you when you were His enemy transform your engagement of conflict?
2. By remembering our emotional allergies.
  - "We are familiar with physical allergies to certain foods or pollen, but less familiar with our emotional allergies. An emotional allergy is an intense reaction to something in the present that reminds us, consciously or unconsciously, of an event from our history." Pete Scazzero, *Emotionally Healthy Spirituality*, page 192.
  - Discuss your insight from the statement above.
  - How has your emotional allergies caused conflict?
3. By remembering to not ignore it. This is false peacemaking. Read Matthew 5:9 (CSB).
  - "We, out of fear, ignore conflict and appease people, we are false peacemakers." Pete Scazzero, *Emotionally Healthy Spirituality*, page 184.
  - Discuss how false peacemaking has negatively affected your life and the life of others.
4. By remembering to listen. Read James 1:19-20 (CSB).

Discuss these four steps. How will doing these steps help resolve conflict?

  - (1) Put your agenda on hold. Be quiet and still as you would before God.
  - (2) Allow the other person to speak until he or she completes a thought.
  - (3) Reflect accurately the other person's words back to him or her and ask, "Do my words reflect an accurate picture of what you said?"
  - (4) When it appears they are done, ask "Is there more?"

Pete Scazzero, *Emotionally Healthy Spirituality*, page 188.
5. By remembering to not make assumptions. Read Exodus 20:16 (CSB).
  - Discuss these two statements.
  - "Every time I make an assumption about someone who has hurt or disappointed me without confirming it, I believe a lie about this person in my head. This assumption is a misrepresentation of reality. Because I have not checked it out with the other person, it is very possible I am believing something untrue. It is also likely I will pass that false assumption around to others." Pete Scazzero, *Emotionally Healthy Spirituality*, page 189.

- When we assume something about someone, we are lying about them and it is sin.
6. By remembering to live from our new identity in Christ. Read Colossians 3:12-16 (CSB).
- Discuss the following statement.
  - Note how the Apostle Paul teaches the multiethnic church in Colossi to resolve conflict. First, he roots them in their new identity in Christ and the deep love of God the Father. Second, this enables and empowers them to rely upon the character traits of the kingdom of God, leading to conflict resolution.

**Soul-tattoo:** Go in God's power to resolve the conflict.

Close in prayer by reading Colossians 3:12-16 (CSB). Ask the Holy Spirit to make this a reality in our lives as we live by faith in the Messiah.