

Family Feuds

Philippians 2:1-8

Conflict looks a little different in every relationship. You need to understand the roles and expectations that are involved for each person that you have conflict with. A basic understanding of conflict and resolution can help you in your "Family Feuds." Healthy, Christ-like conflict resolution requires four important life-long commitments.

1. I will identify why I am _____ and angry

- a) _____
- b) _____
- c) _____

(James 4:2 – You do not have and cannot obtain)

- Express the _____, not the anger

2. I will become aware of my _____ response to anger

- a) _____
- b) _____
- c) _____

- Genesis 3:8-13

3. I will _____ the steps to conflict resolution

- a) I will _____ the hurt
- b) I will attack the _____ (not the person)
- c) I will deal with the _____

(continued on back)

4. I will be committed to _____ conflict the way that Christ did

(Philippians 2:1-8)

- a) **F** = Fortify your _____ (love and unity) (vs. 2)
- b) **I** = Identify _____ and conceit (vs. 3)
- c) **G** = Generate _____ ("I" solutions) (vs. 3-4)
- d) **H** = Have Christ's _____ (don't grasp) (vs. 5-6)
- e) **T** = Take responsibility for _____ (vs. 7-8)

INSIGHT FOR LIFE

There are three major obstacles to Christ-like communication and conflict resolution - **Sin, Personality differences** and **Gender**.

I will pray that God makes me a person who will fight _____ my family relationships.

My Notes

Family Feuds

Philippians 2:1-8

Conflict looks a little different in every relationship. You need to understand the roles and expectations that are involved for each person that you have conflict with. A basic understanding of conflict and resolution can help you in your "Family Feuds." Healthy, Christ-like conflict resolution requires four important life-long commitments.

1. I will identify why I am upset and angry

- a) Hurt
- b) Fear
- c) Frustration
(James 4:2 – You do not have and cannot obtain)
 - Express the hurt, not the anger

2. I will become aware of my preferred response to anger

- a) Run
- b) Hide
- c) Attack
 - Genesis 3:8-13

3. I will practice the steps to conflict resolution

- a) I will heal the hurt
- b) I will attack the problem (not the person)
- c) I will deal with the cause

(continued on back)

4. I will be committed to handling conflict the way that Christ did

(Philippians 2:1-8)

- a) **F** = Fortify your purpose (love and unity) (vs. 2)
- b) **I** = Identify selfishness and conceit (vs. 3)
- c) **G** = Generate humility ("I" solutions) (vs. 3-4)
- d) **H** = Have Christ's attitude (don't grasp) (vs. 5-6)
- e) **T** = Take responsibility for solutions (vs. 7-8)

INSIGHT FOR LIFE

There are three major obstacles to Christ-like communication and conflict resolution - **Sin**, **Personality differences** and **Gender**.

I will pray that God makes me a person who will fight for my family relationships.

My Notes