

E.H.R. #7 – FIGHT CLEANLY

Matthew 5; Romans 12; Hebrews 12

06/03/2018
Sunday a.m.

SLIDE 1 – EMOTIONALLY HEALTHY RELATIONSHIPS

- EHS → spiritual maturity corresponds to emotional maturity
- EHR → mature Christian discipleship interpersonal interaction →
 - Intentional & effective, living in truth; self & others → loving God & people

SLIDE 2 – RESOLVING CONFLICT – E.H.R. #FIGHTCLEANLY

- Builds on the previous 6 discipleship skills → can't just rush to this one...
- Connected to LIFE – John 15 – taking stock of where things are
- Love Jesus, do the things – #adulting – intentional
- Communicate expectations – no mind reading
- FOO – ID sin patterns to better resist them/combat them
- Doing the personal interior work – where am I? Explore the iceberg
- Listening well – offering the gift of 'being heard' – empathy
- Ladder of Integrity – wrestling w/what I'm experiencing before conflict resolution

SLIDES 3-9 – MATTHEW 5; ROMANS 12; HEBREWS 12

SLIDE 10 – MAKING PEACE (?)

- Lots of focus on Christ/Christians' role of LIVING at peace & MAKING peace
- **Peace is proactive**, not passive; requires maturity, humility, self-lessness, perseverance, willingness to engage w/others, commitment to love one another
 - Stats – one of biggest issues people deal w/is unresolved conflicts
 - Broken relationships, hurt feelings, emotional damage, etc...
- AIM: to resolve conflict in a mature & healthy manner so REAL peace results

SLIDE 11 – REAL PEACE vs. FALSE PEACE

- Biblical commands about peace DO NOT mean avoiding conflict
- Christians should "be nice," rolling over, stuffing issues, avoiding disagreement, faking the funk
 - vs. Jesus' REAL peace – being willing to contend for peace – working to resolve conflict in EHR → As much as depends on us...
 - real peace will NEVER result when we pretend what is WRONG is RIGHT

SLIDE 12 – LIVING AT PEACE

- Blessed are the peacemakers –
 - display "Family traits/values" – children of God
- An orientation of the heart, mind, soul –
 - bless vs. curse, empathize, live in **harmony** (looking to get along), humility... as much as depends on us...
- Strive for peace w/everyone → characteristic of the Family;
 - watch out for the root of bitterness... poisons EVERY area of life
 - Bitterness → taints the fruit of one's life; every relationship, every interaction, every endeavor...
 - Naomi & Mara → suffering poorly

SLIDE 13 – CONFLICT & OUR FOO

- Our family of origin & their patterns/rules have an effect on how we resolve/don't deal w/conflict
- E.g. Bully, rage-a-holic, yeller, appeaser, avoider, compromiser –
 - FOO commandments – Be nice, 'respect' elders, don't make an issue...
 - what patterns do you see from your FOO? In your own life?
- The ramifications of being IN CHRIST – part of His family - #FIGHTCLEANLY
- Willing to do the hard work #ADULTING to grow in Christ & EHR

SLIDE 14 – DIRTY FIGHTING TACTICS – SEE SLIDE

SLIDE 15 – FIGHTING CLEANLY

- Most of these skills require having a plan BEFORE you get into the situations
- Instead of devolving into dirty tactics, old FOO patterns, sin → speak truth in love

SLIDE 16 – FIGHTING SKILLS

- I noticed... behavior (not emotion)
- I value... why this is important to me
- When you... behavior, I feel... emotion
- Here's my request... clear, respectful, specific, measurable
 - Listener evaluate
- Are you willing to do this? All? Part? None?
- Point of agreement – in writing
 - Revisit & re-evaluate decision at specific later date/time

SLIDE 17 – PAUL & PETER

- **Galatians 2** – Paul, Peter, & eating w/non-Jewish Christians
- Paul confronts Peter... compromise → lack of integrity vs. situational 'ethics' -

SLIDE 18 – PAUL & BARNABAS

- Don't want to take John Mark w/us again
- Splitting up... & later, Reconciliation

SLIDE 19 – WHAT IF...

- No end to conflict → forgiveness sought, issue done, another pops up
- Disagreement on specifics
- ..."as much as depends on you."
- There's always a road to reconciliation, healing, forgiveness, grace

SLIDE 20 – SPEAKING TRUTH... IN LOVE

- Recognize → full maturity, as measured in Christ → truth in love – #adulting

SLIDE 21– WHAT AM I DOING WITH THIS?

SLIDE 22 – PRAYER IS AVAILABLE