

# **Bible Study Guide: How to Stop Fighting – From Conflict to Christ-Centered Peace**

 Source Transcript:

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## **Big Idea**

**Conflict is unavoidable, but how we respond determines whether it leads to division or restoration—Christ calls us to respond with forgiveness, truth, humility, and love.**

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## **Theme**

**This study focuses on transforming our “reflex response” in conflict—from reacting in pride, anger, and control to responding with grace, patience, and Christ-centered reconciliation.**

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## **Core Scriptures**

**Colossians 3:12–13**

“Forgive as the Lord forgave you.”

**Matthew 18:15**

“Go and point out their fault, just between the two of you.”

## **Ephesians 4:15**

“Speak the truth in love.”

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### **Introduction: The Reality of Conflict**

Conflict is:

- Everywhere
- Increasing in intensity
- Often fueled by instant communication and unrealistic expectations

### **Key Insight:**

“We are quick to react, but slow to forgive.”

### **The Problem**

- We want immediate responses
  - We react emotionally
  - We escalate instead of resolve
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### **Main Point 1: Our Reflex Response Is the Real Issue**

#### **Explanation**

We are conditioned to:

- React quickly
- Defend ourselves
- Strike back

## **Spiritual Truth**

Our response reveals:

- Our spiritual maturity

“Have you trained your response reflex?”

## **Application**

- How do I typically respond in conflict?
- Is my reaction Christ-like?

## **Sticky Quote:**

“Your reflex reveals your heart.”

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## **Main Point 2: We Keep Score Instead of Forgiving**

### **Explanation**

We:

- Remember wrongs
- Build a “black book” of offenses

## **Spiritual Truth**

Forgiveness requires:

- Letting go

“We are quick to keep score, not quick to forgive.”

## **Application**

- What offenses am I holding onto?
- Who do I need to forgive?

## **Sticky Quote:**

“Scorekeeping destroys relationships.”

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## **Main Point 3: Instant Communication Fuels Conflict**

### **Explanation**

Technology creates:

- Pressure for immediate response
- Miscommunication

## **Spiritual Truth**

Not every issue:

- Needs instant reaction

“We expect people to respond instantly.”

## **Application**

- Am I reacting too quickly?
- Do I allow space to process?

## **Sticky Quote:**

“Slow down your response.”

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## **Main Point 4: Pride Prevents Resolution**

### **Explanation**

We want:

- To be right
- To win

### **Spiritual Truth**

Pride:

- Blocks healing

“You might be right—but you still need to surrender.”

### **Application**

- Where is pride affecting my relationships?
- Can I admit when I’m wrong?

**Sticky Quote:**

“Pride divides—humility restores.”

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**Main Point 5: Forgiveness Is Strength, Not Weakness****Explanation**

Forgiveness is often seen as:

- Giving in

**Spiritual Truth**

Forgiveness:

- Reflects Christ
- Brings freedom

“Forgiveness is not a doormat—it’s power.”

**Application**

- Do I view forgiveness as weakness?
- How can I practice it today?

**Sticky Quote:**

“Forgiveness sets you free.”

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**Main Point 6: Truth Must Be Handled with Love**

## **Explanation**

Truth is:

- Necessary

But must be:

- Delivered carefully

## **Spiritual Truth**

Truth without love:

- Wounds

Love without truth:

- Avoids healing

“Truth should not be used as a weapon.”

## **Application**

- How do I communicate truth?
- Is it loving or harsh?

## **Sticky Quote:**

“Truth in love brings healing.”

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**Main Point 7: Conflict Should Be Handled Privately First**

## **Explanation**

Many people:

- Publicly expose issues

## **Spiritual Truth**

God's design:

- Starts with private conversation

“You don't go public—you go personal.”

## **Application**

- Do I address issues directly?
- Or avoid and escalate?

## **Sticky Quote:**

“Private conversations produce real solutions.”

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## **Main Point 8: Social Media Has Replaced Real Resolution**

### **Explanation**

People:

- Vent publicly
- Avoid direct conversation

## **Spiritual Truth**

Public conflict:

- Rarely produces peace

“Posting is not resolving.”

## **Application**

- Do I handle issues online or in person?
- What needs a real conversation?

## **Sticky Quote:**

“Real peace requires real conversation.”

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## **Main Point 9: God’s Heart Is Always Restoration**

### **Explanation**

Throughout Scripture:

- God seeks to restore

## **Spiritual Truth**

Jesus came to:

- Reconcile

“God’s reflex is restoration.”

## **Application**

- Do I seek restoration or revenge?
- What is my goal in conflict?

## **Sticky Quote:**

“Restoration is God’s goal.”

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## **Main Point 10: Grace Must Be Given as It Was Received**

### **Explanation**

We:

- Receive grace freely

### **Spiritual Truth**

We must:

- Give grace freely

“If you’ve received grace, you should give it.”

### **Application**

- Am I extending grace to others?
- Or withholding it?

**Sticky Quote:**

“Grace given changes everything.”

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**Main Point 11: Conflict Is a Spiritual Battle****Explanation**

Conflict is not just:

- Personal

**Spiritual Truth**

There is:

- A spiritual enemy behind division

“Division is where the enemy gains ground.”

**Application**

- Am I recognizing the deeper battle?
- How can I respond spiritually?

**Sticky Quote:**

“Fight the real enemy, not each other.”

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**Main Point 12: Humility Opens the Door to Peace****Explanation**

Saying:

- “I’m sorry”

Can:

- Diffuse conflict

## **Spiritual Truth**

Humility:

- Invites reconciliation

“Be the first to say, ‘I’m sorry.’”

## **Application**

- Where do I need to initiate peace?
- Can I humble myself first?

## **Sticky Quote:**

“Humility leads to healing.”

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## **Discussion Questions**

1. How do you typically respond in conflict?
2. What “black book” are you holding onto?
3. Where is pride preventing reconciliation?
4. How can you practice truth in love?
5. What step can you take toward restoration today?

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## **Practical Application Steps**

### **1. Pause Before Responding**

- Slow down your reflex

### **2. Examine Your Heart**

- Identify pride and motives

### **3. Go to the Person Privately**

- Have a real conversation

### **4. Speak Truth in Love**

- Be honest and compassionate

### **5. Choose Forgiveness**

- Release the offense

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## **Closing Prayer**

Father,  
Teach us to respond like You.

Slow our reactions,  
soften our hearts,  
and lead us in truth and love.

Help us to forgive quickly,  
seek peace intentionally,  
and reflect Your grace in every relationship.

In Jesus' name, Amen.

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## **Final Takeaway**

**When you allow Christ to shape your response in conflict, what once caused division becomes an opportunity for healing, growth, and restoration.**