



The Struggle Is Real

Part 1 – The Anatomy of Conflict
Forrest Jenan – October 16, 2016

HANG OUT (warming up to the topic)

1. Check in to see how everyone's week was.
2. Take time to review this week's teaching and discuss your reactions. Talk about what most challenged, puzzled, and encouraged you.

HEAR (listening to God through Scripture)

3. There are two things about humans we know to be true: 1. We are made for relationship, and 2. We have a difficult time making them work. So let's jump right in: **How do you deal with conflict?**
4. Every relationship has potential for conflict. Are there any relationships that come to mind immediately when you hear the word *conflict*?
5. "Behind every conflict, you'll find a conflicted heart." **Read James 4:1-2 aloud.**
 - What do you think of this passage?
 - Looking back on some of your most conflicted times in relationship...can you remember your heart also being conflicted?
 - What are some ways you can seek peace in your own heart when you find no peace in your relationships?

HUDDLE (making it personal and praying together)

6. How have you created space in your personal life, to become more *self-aware* of the inner workings of your heart? Forrest used a great illustration of walking around the putting green to gain some other perspective. Are there times in your life where you forget to walk to the other side of the green? How can we, as a community, encourage one another to see the other side or perspective with grace and humility?
7. Forrest gave us some homework to do when thinking about our relationships in conflict. Think of a conflict you're in...

Instead of asking *How could they?* ... ask *How's my heart?*

Instead of *Look at what they did!* ... ask *What's my piece in this mess?*

Instead of *What's wrong with them?* ... ask *What's going on with me?*

8. End by praying for one another.