

Surviving Family
Week 3 Study Guide
Dealing With Difficult Family Members and Situations

Main Point: Transitioning from conflict to healing: check your heart, speak the truth in love, and extend forgiveness.

1. In the midst of conflict, we think location and behavior are the two things that need to change in order to make things better, but actually, it is really a heart issue.
 - How have you allowed the Lord to change your heart so that you can manage your relationships in a more healthy way?
 - If you have not allowed Him to change your heart, what next steps do you need to take this week in order to do so?
 - Are there certain things you are harboring in your heart that are trapping you in conflict? Bitterness? Offense? Jealousy?
2. Read Psalm 19:11... Through the wisdom God gives us, we also receive patience. It is through this patience that enables us to discern whether we need to address conflict or let it go.
 - When you are experiencing relational conflict, do you ask the Lord for wisdom or do you react out of emotions?
 - When addressing conflict, do you lean towards avoidance or confrontation? Why?
3. When addressing confrontation, you must share your perception of truth in love.
 - When you enter into difficult conversations, do you speak the truth to win the argument or do you speak the truth in love in order to repair the relationship?
 - What ways can you improve your communication skills when having difficult conversations?
4. The avoidance of the hard conversation robs the relationship from the opportunity of ever achieving true intimacy.
 - Share an experience of a time you avoided conflict and lost a relationship.
 - Share an experience in which you addressed conflict in a healthy way and repaired a relationship.
5. There is no healing without forgiveness. This healing then brings hope of reconciliation.

- Have you ever experienced an individual not forgiving you? How did that affect your relationship?
 - Are there any relationships in your life that need forgiveness, healing, and reconciliation? If yes, how can you take steps this week to begin the healing process?
6. Our job is to love one another.
- Write down some practical ways you can better love those around you.

Further Reading

James 1:5

Matthew 7:3-5

Ephesians 4

John 7:5

Acts 1:14

James 4:7-10

John 14:34