

Single & Single-Again TUES NITES Meal, Message & Mixer

Building Truth Into Your Life

Jane Stolz and Chance Foreman's video teachings, handouts, and audio Mp3 files of messages will be online to share with others at www.christiansinglesindenver.com

No matter how old we are we'll still have challenging relationships with people.

***Acts 15:36-41** Some time later Paul said to Barnabas, "Let us go back and visit the believers in all the towns where we preached the word of the Lord and see how they are doing." 37 Barnabas wanted to take John, also called Mark, with them, 38 but Paul did not think it wise to take him, because he had deserted them in Pamphylia and had not continued with them in the work. 39 They had such a sharp disagreement that they parted company. Barnabas took Mark and sailed for Cyprus, 40 but Paul chose Silas and left, commended by the believers to the grace of the Lord. 41 He went through Syria and Cilicia, strengthening the churches.*

Someone once said that if two people agree on everything then you can be sure that one of them is doing all the thinking.

Without question many of our most painful chapters in life have to do with soured relationships.

Conflict may be inevitable, but how do we deal with it when it happens?

Good couples/friends fight clean, bad couples/friends fight dirty

Good couples/friends press to resolution, bad couples/friends press for victory

Good couples/friends conflict exposes character; Bad couples/friends conflict exposes immaturity.

**Three steps to improve how we handle conflict
and three ways in how we should respond to conflict.**

Three Steps to Improve how we handle conflict

1. **R** _____ conflict in a biblical manner.

Matthew 18:15-16

2. **R** _____ our rights.

1 Corinthians 6

Ephesians 4:3

3. **R** _____ and move forward.

Romans 12:18

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Many people carry the scars of failed relationships throughout their lives and they end up being relationally crippled.

A failed relationship does **NOT** mean that we're a failure as a person.

Every one of us has blown it at some point.

But we don't have to let our failures ruin the rest of our lives.

John Maxwell says, "Errors become mistakes when we perceive them and respond to them incorrectly. Mistakes become failures when we continually respond to them incorrectly."

Don't look **B** _____.

Paul writes in **Philippians 3**, "But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

Paul didn't look back. He didn't cry over spilt milk. He learned his lessons and then pressed ahead the best he could.

When we make a habit of learning the lessons and then pressing ahead we'll discover that our failures can be some of the most important times in our lives. But learning from failure requires honest reflection.

Three ways to Respond during conflict:

- 1. DO NOT REACT**
- 2. RESPOND TO GOD**
- 3. LET GOD CHANGE THEM**

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Helpful Hints:

TALK

1. Never speak rashly
2. Never confront your mate publically
3. Never confront your mate in front of the kids
4. Never use kids
5. Never say Never Never say Always
6. Never get Historical (past)
7. Never raise your voice
8. Never call each other a name
9. Never mention family - just makes them mad
10. Never win – when you win a conflict you lose a mate press to resolve
11. Don't condescend
12. Never demean
13. Never force a quiet mate to talk – give them some space/a little time

LISTEN

1. Listen with your face
2. Do not reason with them
3. Do not argue! Stop and sit down. If they are hurt – stop! What did I do wrong?
4. Don't interrupt
5. Never stomp out the door
6. Don't vent to others
7. No rude body language

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Discussion Questions:

1. **What was your family default response to conflict? Conflict suppressed? Or was it the big blow up? Or something in-between? How did that work for you?**
2. **What has been your biggest challenge with friendships when there has been conflict?**
3. **Did you find the three steps how to improve the way we handle conflict helpful? What impacted you the most? Or maybe what was most helpful?**
4. **Did you find the three steps how to respond during conflict helpful? What impacted you the most? Or maybe what was the most helpful?**
5. **Did tonight's lesson give you some things to think about with past relationships/friendships that have ended in conflict? Is there anyone you feel you need to make things right with? Or maybe someone you need to forgive?**

Pray for one another

HELPFUL TIPS for Great Table Discussions

**Each table should have a designated
Table Host.**

Use God's ear-to-mouth ratio:

Listen two times more than you speak. 1 or 2 people should not dominate the time, and EVERYONE should contribute during the discussion.

1. **Smile and be friendly.**
Avoid excessive complaining about people or personal problems.
2. **God's grace rules the day**
Recognize that everyone will not always agree – be gracious and give grace to one another. People are at different places in their spiritual walk and in their life journey.
3. **Moving the discussion along.**
Table host/facilitators are to move the discussion along. They have permission to limit any negative comments, to invite people to answer a question, to ask someone for their perspective, to limit the amount of time some people speak, and to move on to the next question.
4. **Help for the hurting:**
This is a supportive group, but it is not a support group or a therapy session. But if someone is really hurting, take a moment and have someone in the group specifically pray for them.