



Conflict Resolution | Shawn Johnson and Dr. Harv Powers | 3.14.21  
Weekly Study

START

To get things started, go around the circle and answer the following question:

**If you could have an extra hour of free time every day, how would you use it?**

SHARE

Welcome back to Week Five of Let's Talk Relationships! In this series, we are taking a look at what Scripture has to say about our relationships with one another. This week, Shawn interviewed Dr. Harv Powers and talked about conflict resolution. But before we dive in, take some time to catch up with your Group by answering the following questions.

**What is one thing you feel like God has been teaching you through this series? What is one thing that has stood out to you?**

**What is one word you would use to describe how you are feeling right now? Why did you choose that word?**

**Rate your week on a scale of 1 to 10. Why did you pick that number?**

**What is one thing on your mind that is keeping you from being present in this moment?**

GROW

**Read James 1:19-21**

**What was your reaction to this week's message on conflict resolution? What is one emotion you felt while you listened?**

**How would you say you handle conflict? Do you tend to avoid it or run straight toward it?**

Our relationship with God is between an imperfect person pursuing a perfect God. However, our relationships with each other are between two imperfect people. Which means conflict is unavoidable. As we go throughout life, we will get into fights and disagreements with the people we love. The question is not, how do we avoid those arguments? The question is, how do we handle conflict well?

This week, Dr. Harv Powers gave us a ton of useful tips to help us with this process. One of the powerful steps he shared with us was the importance of listening. Oftentimes, when we get into arguments, our goal becomes to win the fight. But as Harv reminded us, arguments are actually opportunities to listen to the person on the other side. Obviously, this isn't easy. But when we can manage to do it, it strengthens our relationship exponentially.

In the passage you just read, James reminds us, "Everyone should be quick to listen, slow to speak and slow to become angry" (James 1:19). Are you quick to listen and slow speak? Or are you slow to listen and quick to share your opinion? When you are talking to someone you disagree with, can you honestly hear them out? Or are you too busy trying to formulate your rebuttal?

Being a good listener isn't easy. At times, it requires laying down our need to be right and our need for the other person to know that we are right. But when we become effective listeners, we significantly increase our ability to have a serious impact on people's lives!

**Would you consider yourself a good listener? Why or why not?**

**What is one way you can practice being a better listener this week?**

M O V E

**Read 1 Peter 3:8-12**

**What is the most difficult part of conflict resolution for you? Why do you think you struggle with this aspect of it so much?**

**Peter instructs us to have unity, sympathy, and love for each other. Plus, a tender heart and a humble mind. Which of those things comes most naturally to you? Which of those things feels impossible?**

Another secret to fighting well is checking your heart posture. Life is challenging, and it is really easy to let our hearts get hard. But we have to resist that urge. We have to work to have a soft heart. In the passage you just read, Peter reminds us, “Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind” (1 Peter 3:8).

That may sound impossible to you, but the good news is, impossible is God’s specialty. Jesus said it like this, “With man this is impossible, but with God all things are possible” (Matthew 19:26).

Learning to argue well without letting our hearts grow cold is difficult, but all things are possible with God. As Harv reminded us, there is so much power in asking for God’s help with conflict resolution.

**Have you let your heart grow hard toward anyone? If so, tell the Group about it. You can leave out any details you don’t feel comfortable sharing, but it can be incredibly healing to talk about it. Bringing bitterness to the light is tremendously helpful. It’s like shining a warm light on a cold heart.**

**Who is one person you feel like you need some healthy resolution with this week? Do you have a game plan for how you can do that? If not, take some time to pray that God would open up a door.**

**P R A Y**

We need prayer now more than ever. Spend some time-sharing prayer requests. If you are in a coed group, consider breaking off into two separate groups (or calls if you are an online group) to share more freely.

T O G O

*Therefore, everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.*

Matthew 7:24