



FIGHT

a family series

Study guide

February 18, 2018

Message Title: Family Conflict

Teaching Pastor: Brian C. Hughes

Bible Verses:

- Proverbs 15:1
- James 4:1-3
- James 1:19-20

Key Points

<p>1.</p>	<p>Think about the last time you had conflict with your spouse or someone else that you're very close with. How did it start?</p> <p>How did it end?</p> <p>Do you think there was a correlation between the way it started and the way it ended?</p>
<p>2.</p>	<p>According to the research of John Gottman, the 'startup' is the determining factor in how a conversation will end. "Harsh Startup" includes sarcasm, name calling, belittling and other negative behaviors. Honestly assess yourself: Would you describe your conflict conversation startups as 'harsh', using this definition?</p> <p>Why do you think that?</p>
<p>3.</p>	<p>Read Proverbs 15:1. How would you apply that scripture to your life and your conflicts?</p>

	<p>4. In the follow-up video, Brian taught about listening. Read James 1:19-20. How do you think this applies to your life?</p>
	<p>5. Do you think you listen well?</p> <p>Do you think your spouse listens well?</p> <p>Here's the key question for you to ask your spouse or someone else: "Do you feel like I understand you?"</p> <p>If they answer is yes, then you probably listen well. Ask them, "what are some ways I can be a better listener?"</p>
	<p>6. Pray that God would help you be more effective in the way you approach and handle conflict so that it enhances your relationships instead of hurting them.</p>

Notes:

Blank area for notes.