

conflicts

introduction

Have you ever had trouble working through conflict? Maybe it was with a friend or a parent. It's tough. Usually only a few people know of these private struggles. Today's meeting will help you learn what to do during conflicts.

message

Have you ever said any of the following to yourself?

- My mom and I really got into it last night. It was so unfair. She said things that really hurt me.
- The Teacher does not like me, and I don't know why. She always finds something wrong with what I do. Other students do the same things and they never get into trouble.

These are examples of real-life conflicts that we all face. Most of the time, we struggle alone with these problems. Today, we'll talk about dealing with conflict, whether it's at home or school.

1. Don't say something you will later regret. Get away from the situation and think through your options. This is a good first step. When you're by yourself, you won't hurt anyone with your words.
2. As you think through your options and assess the situation, consider these tips:
 - a. Separate facts from emotions. Remember the statement about the mom who was so unfair? Maybe there was a lot of truth in what she said, but the student did not want to hear it. The truth sometimes hurts so much that we overreact and start a fight.
 - b. Ask yourself the question, "What do I expect to gain from this conflict?" Your answer says a lot about who you are. If you want revenge or to get back at someone, you will ultimately lose. In the end, you'll be the one who pays the price. Look at your conflict with maturity and seek a healthy way to end it. What is a healthy ending?
 - The friendship is restored. Though you may no longer be best friends, you do treat one another with respect.
 - You no longer talk badly about the other person.
 - You are willing to forgive and forget. The conflict becomes a closed case, and you hold no grudges.
3. Go to the person and resolve the conflict. If necessary, invite a trusted friend to go with you. Don't allow the conflict to build. The Bible urges you to not let the sun go down while you are angry (Ephesians 4:26).

salvation appeal

Before resolving a conflict, you must answer these important questions: How is my heart with God? Is Jesus Christ the Savior and Lord of my life?

challenge

We all face conflicts from time to time. Our first reactions will determine how they will end. Do you have conflicts with people right now? Decide today to take the steps to resolve the conflicts in your life.

