



Happy Family

Study Guide 3

Four Steps for Resolving Conflicts

Their Income Tax Return has arrived, and Oliver and Sophia are at war! She wants to pay off their credit card debt. But he insists on buying a new car, and this makes her very angry! How can they resolve their conflict?

1. Step one is: Each should try to see the other's side. This is done through heart-to-heart communication. True or False?

- T ☐ F ☐ 1. She should say exactly how she feels, using "You" statements.
- T ☐ F ☐ 2. When she is talking, he can only interrupt if she is inaccurate.
- T ☐ F ☐ 3. After adding her words, tone, body language, he gives a Restatement.
- T ☐ F ☐ 4. Then they should exchange: He should talk using "I" statements.
- T ☐ F ☐ 5. She should listen and give her Restatement.
- T ☐ F ☐ 6. That's the first cycle. Often there is need for a second or third cycle

2. The second step is challenging! Put the other's needs above your own.

Philippians 2:3, 4 says, "Let each esteem others _____ than himself. Let each of you look out not only for his own interests, but also for the interests of _____."





3. The fact is: The real problem is not the use of the money! What is it?
Choose the right words: spouse, centered, first, sacrificing.

- (a) The real problem is: Who will be _____?
- (b) Oliver tells himself: My needs come first! I'm getting my car!
- (c) Sophia says: He is second; I'm first! I'm paying off that card!
- (d) False love is self-_____. It's what I need! It's what I want!
- (e) True love is self-_____. It's what you need! It's what you want!
- (f) The root of the problem is: Self first. The solution is: _____ first.

4. Who is the greatest example of this self-sacrificing love?

John 3:16. His name is _____.
He showed His true love by _____.

5. Now for the third step: Create a win-win solution. What's that?
Choose: Mutual, both, satisfy, between.

- (a) Win-win means: You _____ my needs and I satisfy yours.
- (b) Win-win requires that _____ should win.
- (c) If each tries to please the other, we will meet somewhere _____.
- (d) This is also called a _____ Agreement.

6. How to create a win-win solution. True or False?

- T ☐ F ☐ 1. List all the options and choose the one she likes best.
- T ☐ F ☐ 2. Create a practical plan of action.
- T ☐ F ☐ 3. Make it specific – say who will do what and when.
- T ☐ F ☐ 4. Periodically evaluate it and make any needed adjustments.

7. Group Activity. Now create a win-win solution for Oliver and Sophia.

8. Here's the final step: Heal the hurt! Say "I am sorry."

Usually, conflicts cause hurt. So each one needs to admit wrong and ask for forgiveness. This facilitates healing and happiness.

James 5:16 says, "_____ your trespasses to one another, and pray for one another, that you may be _____."

9. Day by day, I experience another conflict! It's between me and God!

I often do things that are wrong, and these hurt the heart of God. They also cause me to feel guilty and unhappy. So how can I resolve this spiritual conflict and have peace with God?

10. The story of David can help us answer this important question.

- David was a friend of God. God called him "a man after My own heart."
- David wrote many Psalms. Many of them were "love songs" to God.
- The best known and best loved one is "The Lord is my Shepherd."

11. But one day, something terrible happened!

Choose the right words: Bathsheba, heart, adultery, murder.

- (a) David saw _____, the wife of General Uriah, taking a bath.
(b) He had her brought to his palace and had sex with her.
(c) He broke God's seventh commandment: Do not commit _____.
(d) Then he tried to cover it up by having her husband killed in battle.
(e) So he broke God's sixth commandment: Do not _____.
(f) David had hurt the _____ of God and the love relationship was broken.

12. How did David and God resolve their spiritual conflict? Step one is: David asked God for pardon. What was his prayer?

Psalms 51:1, 2. "Have _____ upon me, O God, according to Your loving kindness; according to the multitude of Your tender mercies, blot out my transgressions. Wash me...and cleanse me from my _____."

Wonder of wonders! God freely forgave him!

13. What God did for David He will do for you! Look at His promise!

1 John 1:9. "If we _____ our sins, He is faithful and just to _____ us our sins and to cleanse us from all unrighteousness."

- ☐ ☐ **1.** To get God's forgiveness, I must pay penance for my sins.
☐ ☐ **2.** I should accept His death for me and confess my sins to Him.
☐ ☐ **3.** No matter how terrible my sins, if I confess, God will forgive me.
☐ ☐ **4.** My guilt will be gone! I'll get peace of mind and harmony with God

14. The second step is: Ask God for a change of heart. David did that!

Psalms 51:10. "Create in me a clean _____, O God."

It's a gift from God! "I will give you a new heart..."
(Ezekiel 36:26).





15. This change is called Conversion. It's a radical change!
2 Corinthians 5:17. Choose: honest, abstainer, pure, caregiver.

- (a) The thief becomes _____,
and the liar becomes truthful.
- (b) The drunkard becomes sober and the adulterer becomes _____.
- (c) The smoker becomes an _____
and the addict becomes drug free!
- (d) The hater becomes a lover and the abuser becomes a _____.

16. Group Activity. Name some people in Scripture who got such a change and experienced peace with God.

17. Here's the third step: Stay obedient to God's commands.
Hebrews 8:10, John 14:15. True or False?

- ☐ ☐ **1.** After God pardons and changes me, I do not need to obey Him.
- ☐ ☐ **2.** Jesus says, "If you love Me, keep My commandments."
- ☐ ☐ **3.** When I get peace with God, I'll be in harmony with the will of God.

18. When I take these steps, my spiritual conflict will be over! I will be at peace with God!

Isaiah 26:4. "You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You."

My Choice.

- ☐ When conflicts arise, I will take the steps to create win-win solutions.
- ☐ I will get pardon, conversion and obedience and be at peace with God.

Check Your Answers. 1. 1F, 2F, 3T, 4T, 5T, 6T. 6. 1F [both], 2T, 3T, 4T. 13. 1F, 2T, 3T, 4T. 17. 1F, 2T, 3T. **Graphics:** Pages 1, 2: Dreamstime; P 3: Good Salt; P 4: Arnol Jimenez.

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