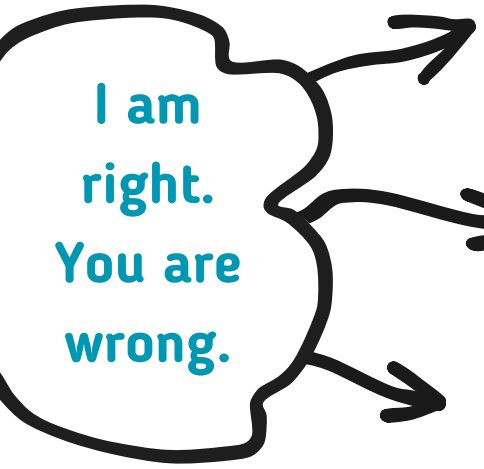
RE:SOLUTION



What would your first thoughts and feelings be if someone said this to you?

Do you think or say this sometimes?

Describe a time you have been in conflict with someone. Was it re:solved? How or why not?

Jesus had the right to say many times, "I am right, and you are wrong." Do you **re:**member reading about Him saying that in the Bible anywhere?

He does, however, start many sentences with "I am..."
Let's find out what He is.

I am the _____. (John 6:35)
I am the _____. (John 8:12)
I am the _____. (John 10:7, 9)
I am the _____. (John 10:11)
I am the _____. (John 11:25)
I am the _____. (John 14:6)
I am the _____. (John 15:1)

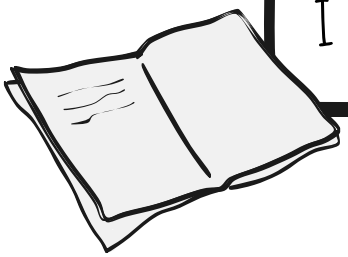
? What do you notice about all these "I am" statements and what Jesus was really saying about who He was?

? Why do you think Jesus uses these everyday objects to **re:**veal His divinity and purpose? (Instead of just saying "I am right. You are wrong. Follow Me.")

? Which "I am" sentence is your favourite and why?

_____
_____
_____

It is one of my least proud moments in life, but I am going to share it with you as we are on this honest journey together. My younger sister and I were disputing, and I lost control and slapped her across the face. This is a massive breach of all boundaries - mine and hers. It stopped our fight instantly as we were both so shocked at what I had done, and I apologised immediately. I am proud to say I have never come close to slapping anyone since that day.



I wouldn't **re:**commend this method of conflict **re:**solution!

? She could have chosen to slap me back, but what do you think might have happened then? (Romans 12:17-19, Luke 6:31)

? Have you ever been in a situation that escalated because both sides kept taking shots with words or hands? What happened?

5 C's

These are 5 steps for good conflict **re:**solution.

1. Calmness	Have you ever heard your mum count to 10 before she answers you? *Hint: she is **re:**gaining calmness!*
2. Clear communication	Expressing concerns so that the issue is not just ignored. Don't just say "it doesn't matter".
3. Clarification	Trying to understand all perspectives. EG. "When you say ... does this mean ...?"
4. Collaboration	Finding common ground and understanding each other.
5. Compromise	Meeting in the middle and reaching a solution which both are satisfied with. *A clash of 2 ideas can produce a 3rd!*

IMPORTANT!

Conflict **re:**solution does not always end with you getting everything the way you want it to be. In fact, rarely will it all land exactly how you desire it to be.
However, **we** can play a huge role in the smoothness of **re:**solving the issue.

? How do you understand the following quote?

"Preach the gospel at all times. Use words if necessary."
- *Unknown*

I SENTENCES

In the heat of the moment, it can be hard to keep our cool. We want the other person to know how wrong they are! However, it is SO important to think of our language when in a disupte. Our words can add fire or water to the situation.

'I sentences' help to clarify your own thoughts and feelings whilst telling the 'what' and 'why' around the situation, without blaming the other person and creating further conflict.

I feel... when... because...

Here is an example of how one might say something in the heat of the moment, trying to express themself, followed by the same example presented as an 'I sentence'.

"You never listen to me! You are always on your phone when I talk!
I might as well not even try."

*"**I feel** ignored and unimportant **when** you start playing on your phone when I am talking **because** it looks like you aren't even interested in listening to me at all."*

? Can you **hear** and **feel** the difference in these 2 approaches?

- Write your own 'I sentence' about something that is bugging you at the moment.

I feel _____

When _____

Because _____

- Have some fun putting these tools into practice by playing out the following scenario - either with someone else, or if you are alone, play both perspectives yourself.

Your dad had promised you that you could go to your friend's birthday party, forgetting that your family was actually already going away for the weekend to visit family a few hours away. Your parents tell you that you are going to have to miss the birthday party.

1. Have the dispute in the heat of the moment.
2. Have the dispute using the 5 C's and 'I sentences'.

- Do the same activity with these conflicts from the Bible.
  - Jonah 4 - Jonah is angry at God.
  - Genesis 20 - Abraham, Sarah and King Abimelek.
  - 2 Kings 2:23-25 - Elisha is teased.

Did you know there are other definitions for the word **re:**solution?

1. You can make a New Years **re:**solution a.k.a. something you want to aim for or change in the next year.
2. The quality of a good screen / picture is having a high **re:**solution.
3. To come to an agreement or solve a problem is reaching a **re:**solution.
4. To have a strong **re:**solution means that you are determined in your purpose.
5. A story's **re:**solution is the ending of its plot.
6. If you allow me to play with the word a little by breaking it up… a **RE** solution is kind of what we talked about earlier by coming to a mutual compromise in a conflict. A 3rd solution to 2 other ideas.

Try to link all these different types of **re:**solutions to Jesus in a 1-sentence example.

I'll give you an example for #2, but you can't copy mine!

2. Jesus shows us a clearer picture of the way to live a more peaceful and happy life.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Read **Matthew 5:38-48** and fill in the blanks for **V39-40**.

'39 But I tell you, do not _____ an evil person. If _____ _____ you on the right cheek, turn to them the _____ _____ also. 40 And if anyone wants to _____ you and take your _____, hand over your _____ as well.'

? Someone told me that to turn the other cheek was a weak thing to do, and that one should fight back. What are your thoughts on this attitude?

Read **1 Peter 3:8-22** and fill in the blanks for **V9**.

'Do not _____ evil with _____ or _____ with insult. On the _____, repay evil with _____, because to this you were _____ so that you may inherit a _____.'

Read **Romans 12:9-21** and fill in the blanks for **V20**.

'On the _____: If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will _____ _____ _____ on his head.'

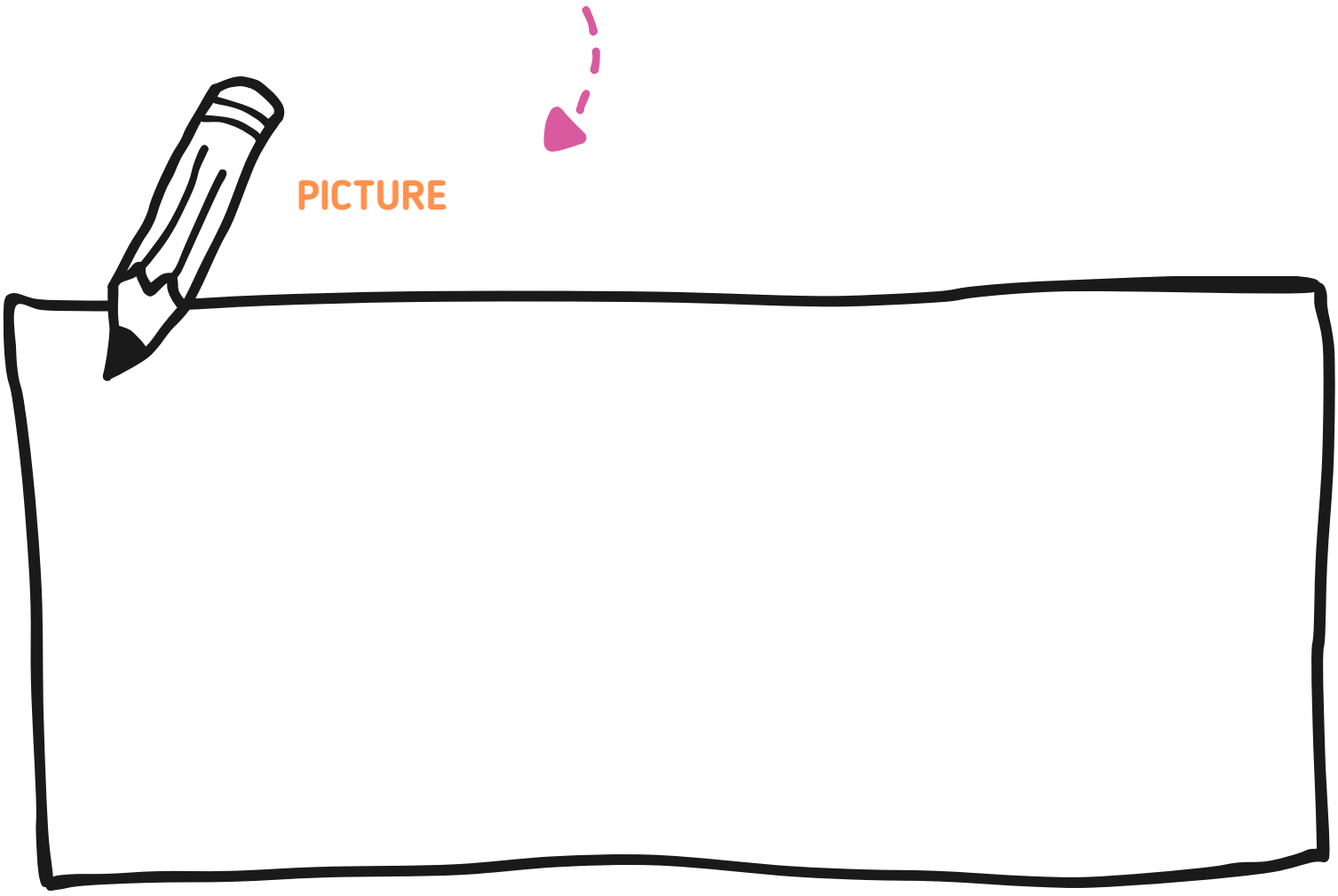
? Have you ever tried giving a surprisingly calm answer in **re:**sponse or **re:**paying meanness with niceness? Tell about that experience.

? These last 2 verses use the words, 'on the contrary'. Why do think this is significant?

? We just read that to **re:**pay your enemy will "heap burning coals on his head". What does this actually mean and how does that fit with loving our neighbour as ourselves?
(Heaping burning coals doesn't sound very loving!)

? If you are **re:**solved (determined and decided) in being Jesus' friend, what will you do when a conflict might arise about following Him and His way to a better life?
EG. You get told you will be fired if you don't work on the Sabbath.

? What if someone confronts you about your beliefs or makes fun of God? Are you ready with what you would say? Why / why not?

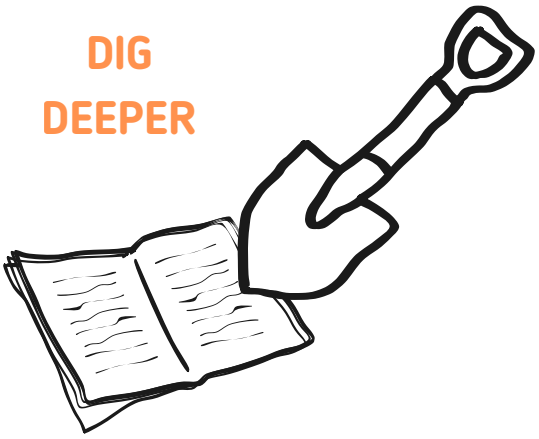


Draw something to represent your thoughts and feelings after this moment together. Or, if you are not thrilled about drawing, go back through today's gathering and use a colour or symbol, underline or circle the words that stood out to you.
Is there a theme in what you noticed?

SONG

Courageous - *Casting Crowns*

DIG DEEPER



Extra verses to extend the exploration!

James 1:19-20

Proverbs 15 (Lots of good advice here!)

Hebrews 12:14-15

QUOTE

It is more **re:**warding to **re:**solve a conflict than to dissolve a **re:**lationship.

- *Josh McDowell*

PONDER

- Do you believe that Jesus is the right, true and saving way? And do you feel like you are equipped to talk about and stand up for Jesus?
- Does your method of speaking to, acting towards and handling conflict with others, **re:**flect Jesus?

WORD

Summarise this time together in 1 word or sentence.

*What is something you want to **re:**member?*

Use this word now in a short prayer between you and God.

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