

## Relationship Conflict: Proverbs 19:11

### 1) Relational Conflict is \_\_\_\_\_!

- a) Relational Conflict (Trash): is the simple \_\_\_\_\_ and the bigger \_\_\_\_\_ that accumulate and create relational \_\_\_\_\_ between two people.
- b) It often starts with \_\_\_\_\_ things. It will accumulate. If it is not dealt with it will \_\_\_\_\_ and \_\_\_\_\_ relationships.
- c) The Bible makes it clear that relational conflict will appear in every relationship because it is made up of \_\_\_\_\_ sinful people.

### 2) \_\_\_\_\_ of Removing Relational Trash:!

#### a) React \_\_\_\_\_

- This gives us emotional \_\_\_\_\_ from the situation.
- It allows us to \_\_\_\_\_ to the person and empathize with them.  
How do you usually react when relational conflict occurs?

#### b) Stay \_\_\_\_\_ and Resist \_\_\_\_\_

- Who are you in relational conflict right now? What kind of unflattering caricature do you have of them? What flaws do you highlight?

#### c) Release from \_\_\_\_\_ instead of repeating and repaying.

- Repay by getting \_\_\_\_\_.
- Repeat the offense to \_\_\_\_\_ and harm their reputation.
- Repeat it to \_\_\_\_\_ and stir up anger.
- Cover the offense \_\_\_\_\_ until it is ultimately paid.

Which of these four options do you usually chose?

#### d) Respond \_\_\_\_\_

- What acts of kindness can you show to those who you are in relational conflict today?

### 3) How do we live these principles out?

#### Remember what Christ that did all of them for us!

- a) Christ comes to us in \_\_\_\_\_!
  - b) Christ came to us in \_\_\_\_\_!
  - c) Christ's death \_\_\_\_\_ us from the liability of our sin!
  - d) Christ uses kindness to \_\_\_\_\_ us with God.
- The more we can remember the better we will be at relational conflict.

#### Quotes To Ponder by Lewis Smedes:

"We attach our feelings to the moment when we were hurt, endowing it with immortality. And we let it assault us every time it comes to mind. It travels with us, sleeps with us, hovers over us while we make love, and broods over us while we die.

"To forgive is to set a prisoner free and discover that the prisoner was you."

"You will know that forgiveness has begun when you recall those who hurt you and feel the power to wish them well."

"When we forgive evil we do not excuse it, we do not tolerate it, we do not smother it. We look the evil full in the face, call it what it is, let its horror shock and stun and enrage us, and only then do we forgive it."

"Forgiving does not erase the bitter past. A healed memory is not a deleted memory. Instead, forgiving what we cannot forget creates a new way to remember. We change the memory of our past into a hope for our future."

#### Recommended Books by Lewis Smedes:

- Forgive and Forget: Healing the Hurts We Don't Deserve
- The Art of Forgiving