



You Are Out of This Family

Adapted from “Family Survivor” series by Rod Loy

Have you ever had those moments when if you could, you would take a vote to see if you would keep a member of the family or not? But, you can't. Even though family sometimes frustrates you, family is forever. You cannot snuff out their torch and banish them from the family. Instead, family must find a way to survive the conflict - together.

Conflict in a family comes in many forms:

- Your teenage daughter has missed curfew three times. You are very concerned about her new boyfriend.
- Your husband hurts your feelings, on a regular basis. You have not talked to him about it, but you cannot take it anymore.
- Your spouse's spending has put your family in a difficult financial position. You cannot understand how she made such horrible decisions.
- Your in-laws are way too involved in your life. You feel like your husband is more loyal to his mother than to you.

Conflict is inevitable. In every home, and in every relationship, conflict will arise. If we are going to be a healthy family and train up healthy children, we must learn how to deal with conflict in a healthy, biblical way. Resolving conflict biblically should be the goal of every family. In fact, one of the marks of a healthy family is the ability to resolve conflict in a biblical manner.



COURAGE

C1: How did your parents handle conflict in your family when you were growing up?

C2: How do you handle conflict in your family today?

C3: On a scale of 1-4, with 1 being very healthy and 4 being not very healthy, rate yourself on how healthy you resolve conflict. Write out a plan to improve.

STRENGTH

S1: Have you ever met someone who just blindsided you? You thought everything was fine and they spewed everything out that ticked them off for the last six months. What were your feelings?

Read and answer the following.

Ephesians 4:26–27 (ESV)

- From these verses, what should you do when conflict arises?
- How well do you stay current regarding resolving conflict in your home? How can you improve?

S2: Read and answer the following.

James 1:19 (ESV)

- From this verse, what are some things you can do to resolve family conflict?
- On a scale of 1-4, with 1 being very well and 4 being not very well, rate how well you listen.

S3: The lower your maturity level, the more likely you are to be offended. Read and answer the following.

Proverbs 10:12 (ESV)

Proverbs 12:16 (ESV)

Proverbs 17:9 (ESV)

Proverbs 19:11 (ESV)

- From these verses, what can you learn about being offended?

S4: Being offended is not something someone does to me, it is something I choose.

- Is there someone with whom I choose to be offended?

- Write down their name. What can you do to release that offense?

ENDURANCE

E1: People who are in conflict need to avoid communication killers. Look at the following unhealthy ways to deal with conflict and circle the one(s) you tend to do.

- Share problems with others first
 - Generalize statements
 - Exaggerate
 - Become silent
 - Walk out
 - Threaten to end the relationship
 - Assume someone's motives
 - Refuse help
- Write out a plan to stop doing these communication killers.

E2: Communication without truth is only noise. Read and answer the following.

1 Corinthians 13:6 (ESV)

- From this verse, what can you glean about communication?

- On a scale of 1-4, with 1 being very truthful and 4 being not very truthful, rate yourself on how truthful you are with your spouse. Your family? Friends? Coworkers? Write out a plan to improve.

E3: The reason relationships do not have intimacy is because the communication is void of truth. Look at the following list and circle any of the reasons why you do not tell the truth.

- Shame
- Habit
- Concealment
- Insecurity
- Fear

Write out a plan to stop hiding behind the reasons you do not communicate in truth.