

Win vs. Grow

Week Three – February 16/17

Refresh

One commonality across every family is the presence of conflict. Sadly, though, this leaves a trail of pain. A true winner never emerges from a family argument. What if there is a better way to resolve this struggle at its source? God offers us that way.

Explore

Think back to your own family of origin - what characterized the way your family handled conflict?

Presently, how do you handle day-to-day conflict?

(You might explore what this looks like as an individual, couple, family, extended family, or circle of friends.)

Reflect on a few recent arguments. Do you tend to act as a peacemaker, sulker, yeller, litigator, or other? How does this behavior mingle with that of others around you?

Candidly, how has your need to win (i.e. get what you want) led to others or even you getting hurt?

Tomorrow

Healthy families seek to grow through both the calm and heated moments of life. Take time to acknowledge your part in conflicts. As you do, identify