

FRICITION

Tools For Better Relationships

TIPS TO A SUCCESSFUL GROUP

COMMIT TO SERVE. Serving God + serving others is one of the best ways to better your relationships. Commit to serve in the church, in your home, and in your community. Discover the joy and happiness that God provides through service. You can sign up to serve and test-drive a ministry, individually, or as a small group together!

FROM CONFLICT TO PEACE: LIVING AS RECONCILERS

ICEBREAKER

What is typically your natural conflict style: avoid it, address it immediately, process it later, or other?

INTRODUCTION

Conflict and friction is unavoidable in life. Learning how to resolve conflict and restore strained relationships is one of the most important life skills we can develop. If left unaddressed, conflict doesn't just damage relationships with others, but it can also affect our spiritual health and relationship with God. This week, we'll go over biblical principles that help us move from conflict to peace so we can learn to become true peacemakers.

READ |

Whoever claims to love God yet hates a brother or sister is a liar. — 1 John 4:20 (NIV)

The truth is, we can't change anyone else. We can only change **how we respond, how we listen, and how we walk in obedience to Christ.** Sometimes avoiding conflict can feel easier in the moment. We tell ourselves: *"I don't want to make a big deal out of it."* *"It's not worth it."* *"I'll just take one for the team."* Scripture does say it's wise at times to overlook an offense (Proverbs 19:11). But ongoing conflict that is ignored doesn't usually disappear on its own, but often grows. It can block your relationship with God, affect forgiveness in our own hearts, and limit God's blessing. If you sense spiritual distance, it may be worth asking whether reconciliation and resolution is needed.

Which excuse do you most often tell yourself to avoid conflict? (Examples: “I don’t want drama,” “I’ll deal with it later,” etc.)

READ |

... for the Holy Spirit will teach you at that time what you should say. — Luke 12:12 (NIV)

Reconciliation often requires us to take the first step. When you’re unsure how to approach a difficult conversation, begin with prayer. Ask God for wisdom about what to say, when to say it, and how to say it, and trust the Holy Spirit to guide your words. As the conversation begins, humility and listening are essential. Even when the conflict feels mostly like the other person’s fault, acknowledging your part, no matter how small, can open the door to healing. Listen for the hurt beneath the behavior, remembering that God calls us to value understanding and restored relationships over being right.

What would make it easier for you to address a conflict in a healthy way? (Examples: Having time to pray first, processing emotions and past wounds through counseling, etc.)

READ |

Look to the interests of others. — Philippians 2:4 (ESV)

Speak the truth with care. It’s not just what you say, but how you say it. In conflict, focus on solving the problem rather than assigning blame. Blame deepens wounds, but solutions create space for healing. Scripture warns that unchecked bitterness can quietly damage relationships, so God calls us to pursue reconciliation more than total agreement. We may not resolve everything, but we can still choose forgiveness, grace, and restored relationships over winning the argument.

Have you experienced reconciliation even when full agreement wasn’t possible?

(Examples: Choosing compromise over “winning”, choosing to be peaceable without full resolution, etc.) **How did forgiveness change the relationship?**

READ |

If you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there... First go and be reconciled to them; then come and offer your gift. — Matthew 5:23–24 (NIV)

In biblical times the altar was a physical place of sacrifice and worship. Today it represents our spiritual practices, such as church, prayer, or serving, showing that God values restored relationships as much as our acts of worship. Jesus teaches that genuine worship is not just what we do before God, but how we treat people. Conflict resolution matters so much

to God that He tells us to pause religious activity in order to pursue reconciliation. Worship flows from a pure heart, and a pure heart seeks peace, choosing to address conflict rather than ignore it.

What usually keeps people from pursuing reconciliation, even when they know God values it? (Examples: *Fear of rejection or awkwardness, pride or wanting to be right, hoping time will fix it, etc.*)

WHAT WILL YOU DO?

- Participate in the church-wide fast. As a church family, we are entering a season of fasting and prayer, contending for our relationships. During this time, we are asking God to bring healing, clarity, and reconciliation where it is needed most. Fasting creates space to hear from God and invites Him to do what only He can do, performing miracles in relationships that need His intervention. Pray boldly, remain open, and trust God to move in powerful ways.
- Ask God if there is anyone in your life you need to reconcile with, and whether He is leading you to make the first move or wait prayerfully for the right time.
- **Discuss with your Small Group when you will be meeting next, after this series.**

CLOSE IN PRAYER:

Father God, thank You for Your grace and guidance in our relationships. Help us walk in humility and courage as we face conflict. Teach us to listen well, speak wisely, and love deeply. Help us seek reconciliation, not just resolution, and represent Jesus well in every relationship. In Jesus' name, amen.

Note: If you missed the dates indicated for the 3 Day Fast, we encourage you to begin on a different date!

NEW HOPE WINDWARD
3 DAY FAST
FEBRUARY 23-25
STARTS MONDAY MORNING AND ENDS WEDNESDAY EVENING

Low Commitment ✓Check 1	Medium Commitment ✓Check 3	High Commitment ✓Check 7-8
<input type="checkbox"/> NO FOOD	<input type="checkbox"/> NO CAFFEINE	
<input type="checkbox"/> NO FAST FOOD	<input type="checkbox"/> NO MEDIA	
<input type="checkbox"/> FRUITS & VEGGIES ONLY	<input type="checkbox"/> NO COMPLAINING	
<input type="checkbox"/> NO SWEETS	<input type="checkbox"/> OTHER: _____	
<input type="checkbox"/> NO ALCOHOL	_____	



Make Time to be in God's WORD

Reading God's Word daily re-patterns the way you think & transforms your mind. Doing your daily devotions is an excellent way to record, process, & share what God is teaching you on a personal level. We do this using S.O.A.P.

- S - Scripture**
- O - Observation**
- A - Application**
- P - Prayer**

Here's an example:

S: *Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.' "*

--Matthew 4:4 (NIV)

O: Jesus said that we can't live on food alone. Our life is sustained through His Word.

A: Just as food is important to me, God's Word is even more because it will sustain me and give me the strength to live out my life.

P: Jesus, thank You for reminding me that I need Your Word to give me the wisdom & strength to follow You. Help me to make time to spend with You daily. In Jesus' name I pray, amen.

SCRIPTURES FOR S.O.A.P.

Day 1:

Do not be quickly provoked in your spirit, for anger resides in the lap of fools.

— Ecclesiastes 7:9 (NIV)

Day 2:

Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord.

— Hebrews 12:14 (NIV)

Day 3:

Blessed are the peacemakers, for they will be called children of God.

— Matthew 5:9 (NIV)

Day 4:

Turn from evil and do good; seek peace and pursue it.

— Psalm 34:14 (NIV)

Day 5:

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation.

— 2 Corinthians 5:17-18 (NIV)