

# Here We Go Again-Communication

**Text:** Ephesians 4:1-3

**Purpose:** To experience life giving relationships through daily healthy communication.

**Opening Question:** *When was the last time you were able to work out a conflict and the outcome was positive?*

## PREREQUISITE FOR RESOLVING CONFLICTS

**Read and Discuss:** Ephesians 4:1-3

1. *What role does God's act of forgiveness toward your sins, play a part in your daily living with peace with others?*
2. *Humility focuses on the relationship and not self—What does it look like for you to become a person that is relationship focused and not self-focused?*
3. *Gentleness is the skill of having strength under control—What are the practical steps you can take to remain under control when in the midst of a conflict?*
4. *Patience is accepting our lot in life and refusing to blame—Are you a person that quickly blames others? How can you worship God in the midst of your current life situations (good and bad)?*
5. *Loving Forbearance is yielding your personal desires for the good of others—What does it look like for you to remain patient and kind toward people who annoy you?*

## PRINCIPLES FOR RESOLUTION

6. *Out of the 6 principles for resolution below, which one is the most challenging for you? What are steps for you to grow in this area?*
  - a. *Initiate with the right time. Knowing when the appropriate time to start difficult conversations.*
  - b. *Initiate with the right attitude. Enter into a conflict with a forgiving spirit.*
  - c. *Listen to what they are saying. Repeating back what a person is saying to clarify.*
  - d. *Listen to what they are not saying. Intuitively listening to body language, tone and words.*
  - e. *Listen for their hurt. Digging deep to find the root of the issue/hurt.*
  - f. *Listen for their perspective. Seek first to consider the other person.*