

**NEXT LEVEL RELATIONSHIPS: CONFRONTING THE ELEPHANT**  
**HEALTHY CONFLICT RESOLUTION – PHILIPPIANS 4:1–9**

***Three Steps to Confronting the Elephant of Conflict***

STEP I: REFLECT – Take time to consider

STEP II: RESOLVE – Make a plan

STEP III: RECONCILE – Act, don't react

**Questions for Community Groups and Individual Bible Study**

***For Starters:*** When and where have you dealt with conflict? When have you experienced reconciliation? Have you had conflict that has not been resolved with someone?

***The Basics:*** Read 2 Corinthians 5:11–21. How has Christ reconciled us to God? What is the ministry of reconciliation given to us by Christ? Do you agree or disagree that failure is not in facing conflict, which is part of life, but in not managing conflict toward reconciliation? Discuss.

***Quick-Fire Round***

1. Read Acts 16:13–15 and Philippians 4:1–9. Why did Paul write to the Philippian church? Who was the conflict between and what was it in danger of doing? Why did Paul call the ladies out by name? How would you react if that happened in church today?
2. Read Philippians 4:4–5, Matthew 7:3–5, and Proverbs 19:11. What do these verses teach about waiting, reflecting, and praying first before heading into conflict? When have you added fuel to the fire by rushing in? What *logs* must be removed; what issues simply need overlooking?
3. Read Philippians 4:6–8. How has conflict impacted you emotionally, physically, and spiritually? Why is making a plan a wise step before confrontation? Discuss the following ideas and add examples to the list: Seeking to understand, owning your part, affirming the relationship, identifying and sticking to the issue, keeping it between yourselves, proposing a next step, other?
4. Read Philippians 4:9, Galatians 6:1–2, Romans 12:18, and Matthew 18:15–18. Although facing conflict is hard, why is unresolved conflict harder? What can you learn from these verses about taking action and initiating resolution toward reconciliation?
5. Who do you need to reconcile with? What will you now do?

***Pray Together (individually or in groups):*** Read through Philippians 4:1–9. Firstly, spend time in silent prayer asking God to give you peace in the midst of conflict. Be willing to recognize who you have conflict with and ask God to show you your part. Secondly, pray for wisdom as you make a plan and then determine to follow through. Pray together for unity in marriages, families, churches, North Metro Church, and in our country today.

**Prayer:** *Father, thank you that you reconciled yourself to me through Christ. Give me the strength, wisdom, and courage by your Spirit to lovingly confront those in my life who I have conflict with. Show me what I should do. Help me take a step toward reconciliation if at all possible. Amen.*

**Further Resources on Conflict Management**

*The Peacemaker* – Ken Sande; *Relationships: A Mess Worth Making* – Timothy Lane

<https://www.biblicalleadership.com/blogs/5-steps-to-conflict-resolution/>

<https://www.thegospelcoalition.org/article/7-steps-to-conflict-resolution/>

<https://www.compellingtruth.org/conflict-resolution.html>

<https://denverinstitute.org/the-process-of-biblical-conflict-resolution/>

<https://www.focusonthefamily.com/get-help/conflict-resolution/>