

# e n ( t r u s t ) e d

From Monday's activity (***on the back of this sheet***), spend some time sharing the conflict patterns you have seen in your life over time. What biblical examples most connected with you, and why? What are some steps you can begin taking to create a healthier sense of conflict in your relationships?

Look over what you wrote down as instructions from Ephesians 4 for Tuesday:

**(Ephesians chapter 4 in verses 15, 25-27, and 29-32.)**

Take time to write out the instructions we receive through all of the verses we have looked up in today's devotion.

Which instructions are most difficult for you? What excites you most about integrating healthy conflict in your life? What are you most afraid of?

What are some of the reasons people are most afraid of conflict? What beliefs do you have about healthy conflict that may be contrary to the idea of it being productive?

Which of the "one another" verses from Thursday most resonate with you? What are you seeing about the importance of healthy relationships within families and within the Church?

Spend some time praying for people with whom you have had conflict, or with whom you currently have conflict. There is no need to share names, but let your heart be stirred to work toward true peace and integration.

Daniel 3:10-15 (Nebuchadnezzar toward Shadrach, Meshach, and Abednego)	I avoid conflict at all costs.
Matthew 12:13-15 (Pharisees toward Jesus)	I blame the other person with whom I am in conflict.
Genesis 37:18-27 (Joseph Brother's toward Joseph)	I punish the other person with whom I am in conflict.
John 20:24-29 (Jesus toward Thomas)	I shame the other person with whom I am in conflict.
Genesis 20:1-11 (Abraham toward Abimelech)	I control the other person with whom I am in conflict.
John 8:1-11 (Pharisees toward Woman)	I make "peace" with the person with whom I am in conflict so I don't have to work through the problem.
2 Samuel 15:1-12 (David toward Absalom)	I listen to the person with whom I am in conflict and I work toward a healthy resolution.