

- I. ONE THING—The One Thing that I'd like to take away from today's class and believe God to accomplish in my life is:

II. MEDITATION

- A. Review your class notes from Tuesday.
- Take some time to think about the main ideas of the lesson. If you want to add details to your notes, you'll find the audio message on our website under the Resources tab. (www.DivineDesignDiscipleship.com).
 - Which of the scriptures referenced were particularly meaningful to you? Write out those verses below and spend some time studying them this week.

- B. Rewrite your One Thing into a prayer, expressing your heart's desire for God to make this truth become your experience.

III. PRINCIPLES

The following principles will aid you in overcoming anxiety, worry, and fear of conflict:

A. Darby's Story

- Eph 3:14-20--For this reason I bow my knees before the Father, ¹⁵ from whom every family in heaven and on earth is named, ¹⁶ that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, ¹⁸ may have strength to comprehend with all the saints what is the breadth and length and height and depth, ¹⁹ and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

B. With whom is it worth having a conflict?

C. Why do we have Fear of Conflict?

D. The Enneagram: 9 different strategies people use for relating to self, others, and the world

E. Tools for Healthier Conflict

1. Make Room for the Holy Spirit

- Pause before responding to people or situations, giving My Spirit space to act through you. Hasty words and actions leave no room for Me: this is atheistic living. I want to inhabit all your moments—gracing your thoughts, words, and behavior. (Young, Sarah. "Jesus Calling," 3/19)

2. Limits

- Keep it to 15 to 30 minutes.
- Limit it to 1 or 2 topics.

3. Emotional Flooding:

- In Fight or Flight the amygdala part of the brain is in control.
- Higher functioning in the frontal cortex is shut down.
- DO NOT CONTINUE CONFLICT in this mode.
- Take a break (20 minutes/2 hours/2 days) until both can calmly come back to the conversation.

4. All or Nothing Thinking
 - It isn't emotionally mature.

5. Gratefulness
 - Learn the art of building up a relationship.
 - Be intentional.

6. Behind every complaint is a hidden request.

7. Use "I" statements
 - Avoid "you" statements
 - Example: "I feel like..."

8. Relationship Killers:
 - Sarcasm
 - Disdain
 - Stonewalling

9. Anger:
 - James 1:19--Let every person be quick to hear, slow to speak, slow to anger
 - Try to stay away from it.
 - Try not to be manipulated by anger if the other person uses it.

10. Winning
 - Do we REALLY expect surrender or complete conversion on the part of the other person?

11. Pursuer/Retreater:
 - It's seen in the animal kingdom.
 - No one likes to be hunted down!

12. Expectations
 - They are only realistic when BOTH parties agree.
 - Be specific because it is easy to miscommunicate.
 - Be willing to compromise.

13. The One-to-Ten Scale
 - Does the offense line up with the response?
 - If not, I may be looking back to something in my past.

14. You teach people how to treat you.

15. Lower Your Expectations

16. If It Goes Badly

- A poor outcome does not mean that you did the wrong thing.
- We can't do it perfectly.
- Often things get worse before they get better.

17. Personal Board of Directors (Tim Irwin)

D. RESOURCES

- Books that help in understanding the love of God: "Abba's Child" or "The Ragamuffin Gospel" by Brennan Manning
- Source Material:
 - Enneagram information based on books by Suzanne Stabile and Ian Cron. Suzanne's podcast is called "The Enneagram Journey." "Typology" is a podcast by Ian Cron.
 - See the handout "Tools & Techniques: Enneagram Type Description" for details on each of the 9 types. (Adapted from the Enneagram Institute's website)
 - "Emotional Health and the Christian Walk" by Pete and Geri Scazzero. Also see the handout "Tools & Techniques: Emotional Maturity Levels" based on their work.
 - "The Marriage Minute" email by Gottman Institute. The handout "Tools & Techniques: Conflict Management Skills" is adapted from their website.

E. PREVIOUSLY ON "BE NOT ANXIOUS":

- Be alert for anxious thoughts and fearful emotions that indicate Fear of Man in your life.
- Use the Handout "Tools & Techniques: Liberation" to reinforce that truth that your love and acceptance by God are unconditional.
- Keep a journal of your 2-way prayer conversations with God. Be sure to confirm what you've heard by being sure it is consistent with the whole counsel of Scripture.
- Use "Tools & Techniques: Listening to God" for biblical support and practical suggestions.
- Find general promises for all God's children on "Tools & Techniques: Spiritual Blessings" or look up verses using an online search engine such as BibleGateway.com.
- Here is a suggested format for Listening Prayer:*
 - Pay attention to your places of fear, dread, doubt, worry, and anxiety this week. These are places you need a promise or a word from God! Choose one to share.
 - Take 5-10 minutes for Listening to the Lord:
 - Spend a few minutes focusing on God. Use a song or a Psalm to stir thanksgiving and worship in your heart.
 - ASK: "Where in my life do I need a promise from You? Is there a specific circumstance or relationship?" Let the thoughts flow. Choose the one place or relationship that rises to the top.
 - ASK: "How am I feeling about this circumstance or relationship?" Write down what comes to mind.
 - Picture yourself giving your negative emotions to the Lord. What do you see or hear?
 - ASK: "What do you want to give me in return?"
 - ASK the Holy Spirit to lead you into all truth as you search the Scriptures. Record the most meaningful ones here or in your spiritual journal. Make sure the verses are in agreement with the whole counsel of Scripture.
 - Meditate on those verse(s) until they become your personal promise(s).