

The power of unity

1 Behold, how good and pleasant it is when brothers dwell in unity! 2 It is like the precious oil on the head, running down the beard, on the beard of Aaron, running down on the collar of his robes! 3 It is like the dew of Hermon, which falls on the mountains of Zion! For there the Lord has commanded the blessing, life forevermore.

Psalm

133:1-3 (ESV)

The power of unity

24 Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. 25 And the man and his wife were both naked and were not ashamed.

Genesis 24 (ESV) Fifty-four percent of millennials feel "anxious, depressed, or unsafe," the report found. Barna believes that there is a connection between poor mental health and the challenges millennials face in their relationships. Sixtyfour percent said that within the past month they had "avoided interacting with someone because it was likely to produce conflict." "New Insights into the Generation of Growing Influence: Millennials In America by George Barna, churchleaders.com

Toxic conflict management habits

- Ghosting
- Gaslighting
- Avoidance or distraction
- Escalating tensions
- •Medication through sports, alcohol, work, church, books, movies, etc
- Sarcasm
- Cancelling

The way of the Word

4:14-15(NKJV)

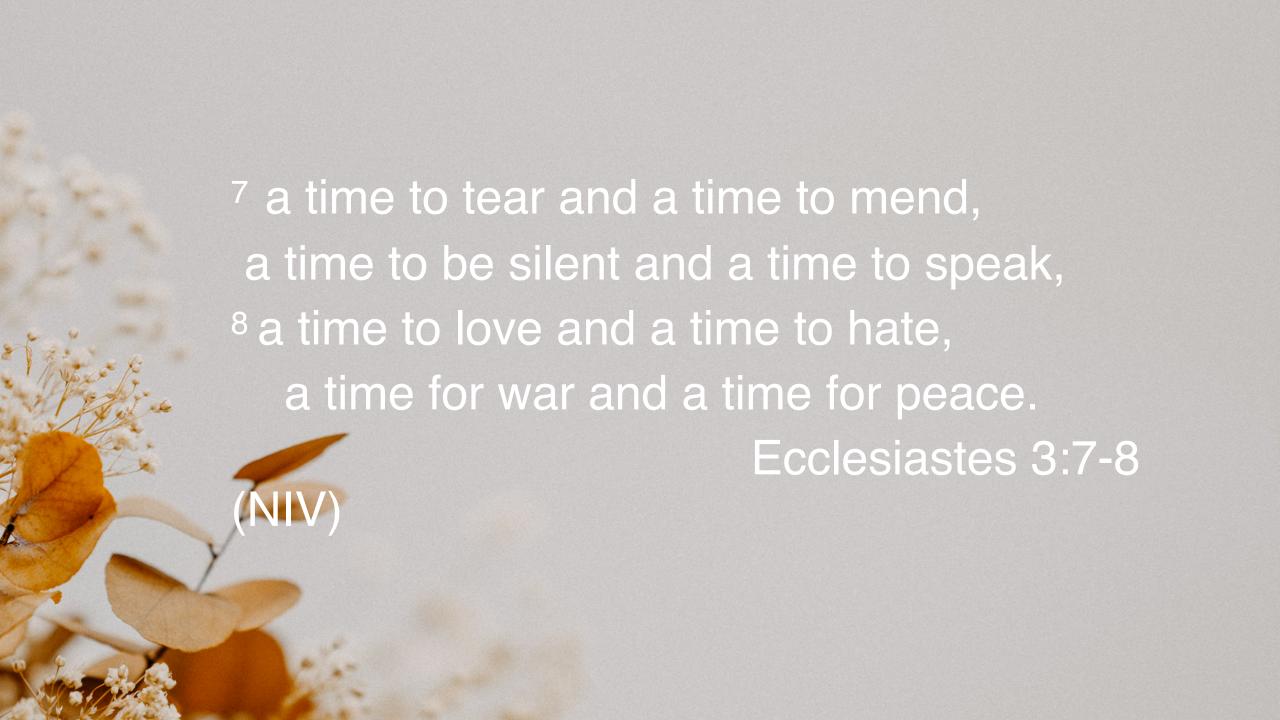
14 ...we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting, 15 but speaking the truth in love, may grow up in all things into Him who is the head - Christ.

Ephesians

Speaking the truth in love

Not speaking the truth and pretending, is not being loving. Speaking the truth in a way that is sarcastic, insulting and disrespectful is not loving either.





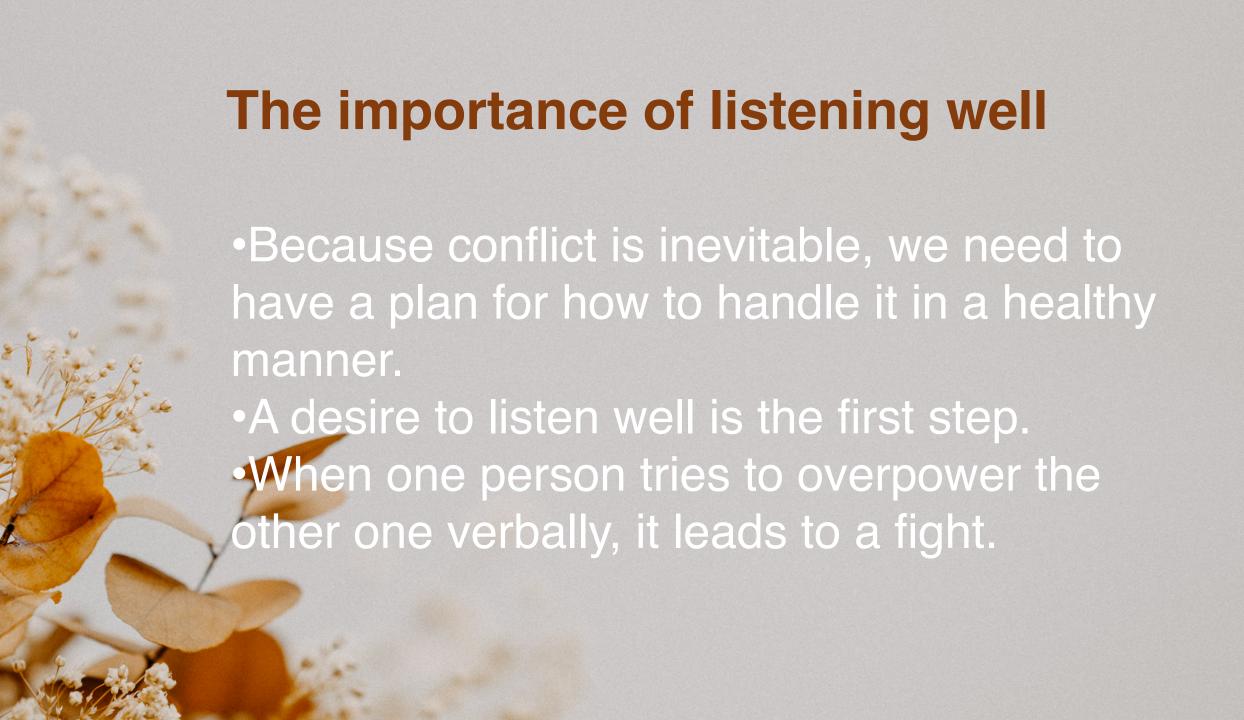
Speaking the truth in love

- Clearly
- Directly
- Respectfully
- Timely



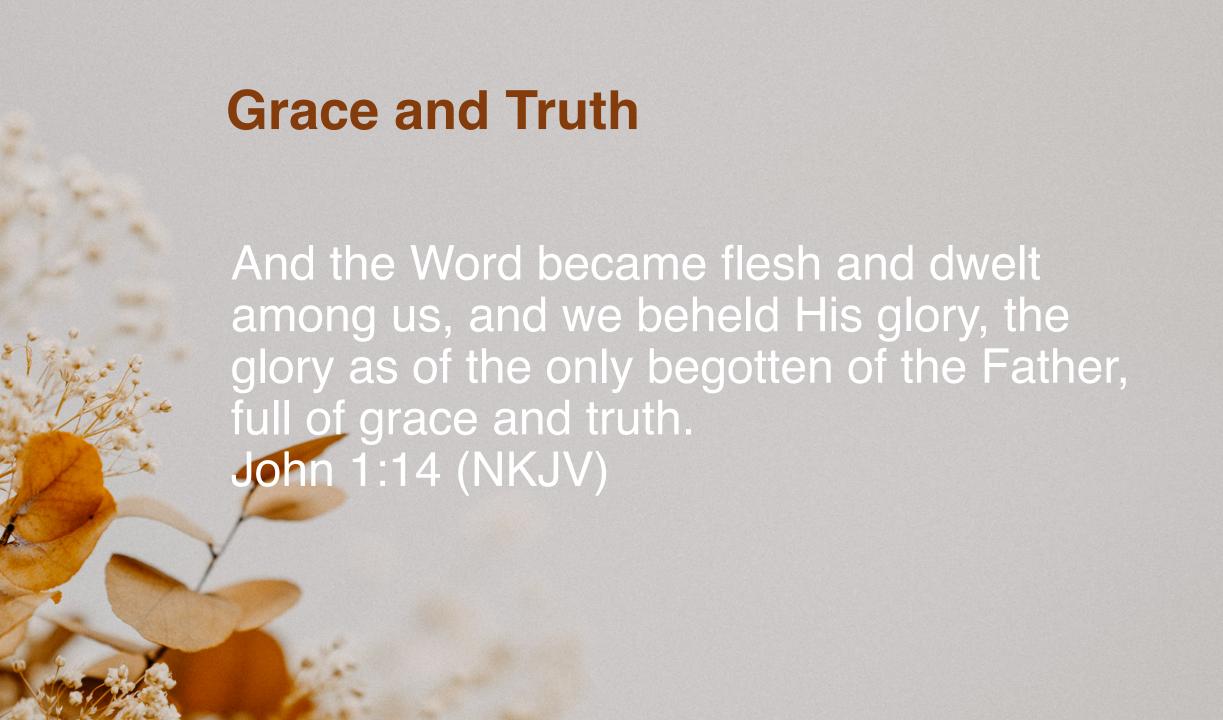
- •Conflict is not a sign that you have married the wrong person/ that the friendship is bad.
- •It is a normal part of any relationship.
- •It can be small (socks, dishwasher,
- movies, etc) or big (which church, having a
- baby or not, destructive habits, etc)
- •It's impact depends on how we handle it.



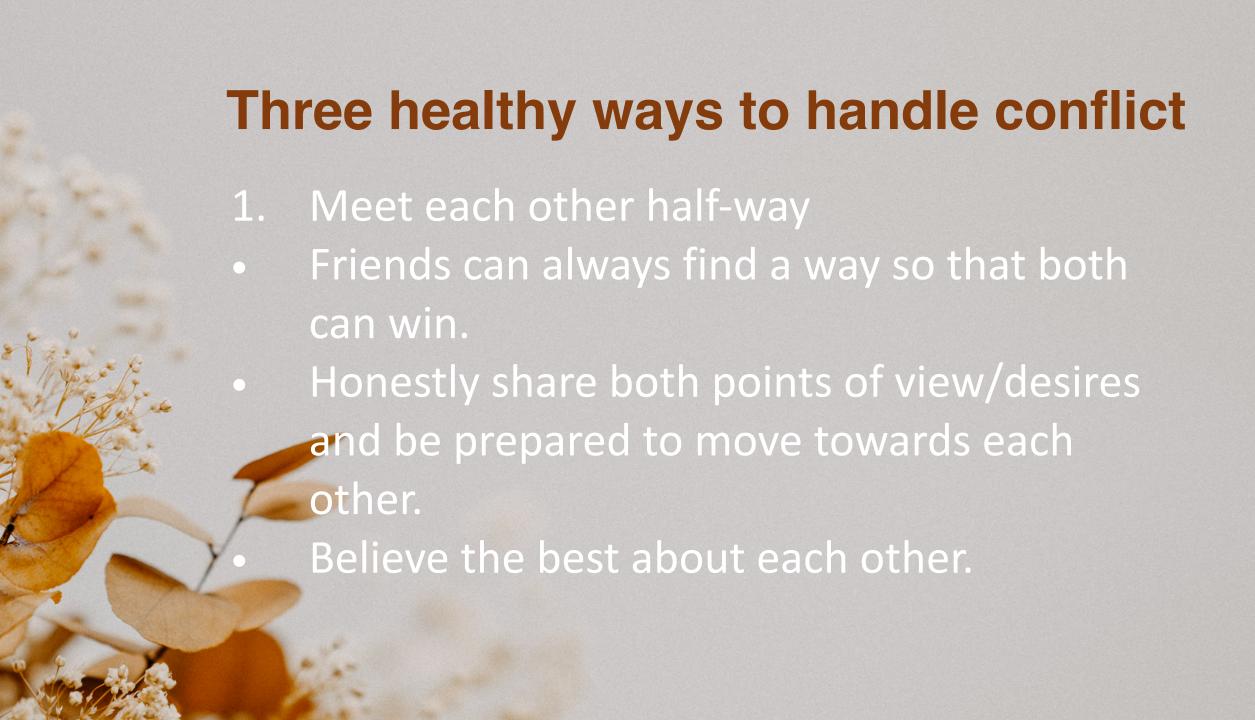


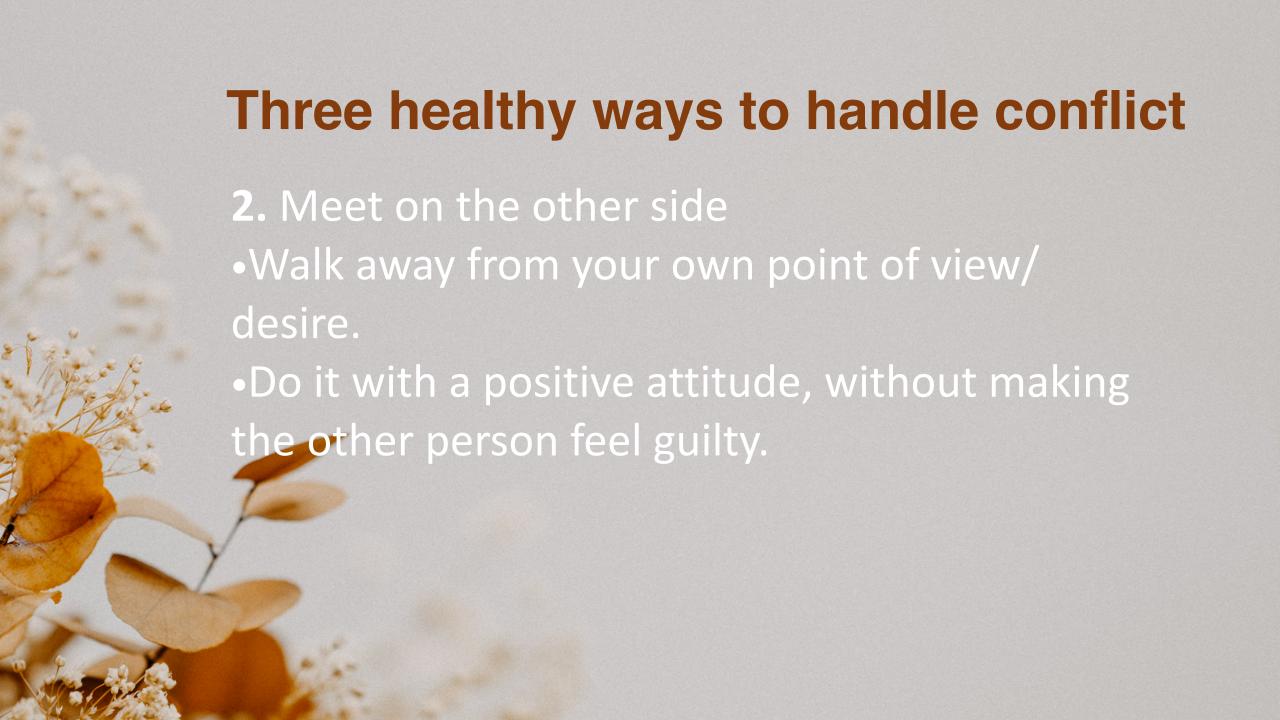














- 3. Meet each other later
- •Agree to disagree on something that both cannot compromise on without hurting their conscience.
- •Revisit the decision at an agreed time again.
- •Remain committed to love and enjoy and support each other.



- 1. Can you remember a conflict situation in your life recently?
- 2. Do you need to repent (God, self, others)?
- 3. Is there an area of conflict right now that is unresolved?

Pray for wisdom so that all parties can feel loved and understood whilst speaking the truth in

