

The background of the image features a soft-focus arrangement of dried botanical elements. On the left side, there are clusters of small, white, star-shaped flowers (likely baby's breath) and several larger, dried, yellowish-brown leaves. These elements are set against a light, neutral-toned background, creating a warm and textured aesthetic.

# Breaking Toxic Cycles

Heinrich Titus





# 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

2:24 (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. Sixty-four 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](http://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

<sup>14</sup> ...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, <sup>15</sup> but speaking the truth in love, may grow up in all things into Him who is the head – Christ.

Ephesians

4:14-15(NKJV)




# 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.








<sup>9</sup> Blessed are the peacemakers for  
they shall be called the children of  
God.

Matthew 5:9

(NIV)

Not the peacekeepers....





<sup>7</sup> a time to tear and a time to mend,  
a time to be silent and a time to speak,  
<sup>8</sup> a time to love and a time to hate,  
a time for war and a time for peace.

Ecclesiastes 3:7-8

(NIV)



# Speaking the truth in love

- Clearly
- Directly
- Respectfully
- Timely





# Communication in conflict

- 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.



# Conflict

- Can be constructive or destructive.
- Can shape or ruin a moment, an evening, a week, a month or a lifetime.
- Can also teach us how to love deeper, how to support and how to encourage.



# The importance of listening well

- Because conflict is inevitable, we need to have a plan for how to handle it in a healthy manner.
- A desire to listen well is the first step.
- When one person tries to overpower the other one verbally, it leads to a fight.



# **The importance of listening well**

19 Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; 20 for the anger of man does not produce the righteousness of God.

James

1:19-20 (ESV)



# **The importance of listening well**

Jesus spent most of his time here on earth listening and putting himself in our shoes, before starting with His life mission.





# Grace and Truth

And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.

John 1:14 (NKJV)



# The importance of listening well

- Demonstrate respect.
- Give each other freedom to have own thoughts, opinions and reasons.
- Be willing to compromise so that “we” instead of “I” win.





# Three healthy ways to handle conflict

## 1. Meet each other half-way

- Friends can always find a way so that both can win.
- Honestly share both points of view/desires and be prepared to move towards each other.
- Believe the best about each other.



# Three healthy ways to handle conflict

## 2. Meet on the other side

- Walk away from your own point of view/desire.
- Do it with a positive attitude, without making the other person feel guilty.



# Three healthy ways to handle conflict

## 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.



# Discuss and pray

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



**God Bless**

