

How to Handle Personal Conflict

No Offense, But...

March 9, 2025

Discussion Questions:

1. How does the phrase “relational conflict” make you instinctively feel? Tell your group about a time you experienced relational conflict in your life (marriage, family, friendships, workplace, church, etc.)? How did you handle it at the time?
2. In Pastor Sean’s opening story, Mary found healing through strong, faith-filled women who walked alongside her. How has community played a role in your healing and growth? (Perhaps it’s been your own healing or an increase in your faith from witnessing others’ healing!) Have you had an opportunity to be that support for others?
3. Read Matthew 18:15. Jesus instructs us to go directly to the person and discuss with them when there is conflict. What are some factors that prevent people from doing this? How would following this principle change the way we handle relational challenges?
4. Jesus’ words in Matthew 5:23-24 emphasize that reconciliation is so important that we should seek to mend broken relationships before even coming to worship Him. This challenges the way many of us naturally handle conflict—avoiding it, holding grudges, or prioritizing our pride over peace. Have you ever experienced a time when reconciliation brought unexpected healing or growth in your life? What was that like?
5. Looking at the “Checklist Before Addressing Conflict” (prayer, right time/place, checking your heart, owning your part, and forgiveness), which of these do you struggle with the most? Take turns sharing which one you feel most confident about and a “tip” on how you adopt that posture.
6. Is there a relational conflict in your life that God is prompting you to address? Maybe there is more than one. What step will you take this week to seek healing and reconciliation? How can your small group support you in this?

Additional Verses for Discussion:

- Matthew 7:3-5
- Ephesians 5:18
- Matthew 5:9
- Colossians 3:13
- John 13:35