



Virtual Small Group Study
SESSION 2: FIGHT ME LIKE A MAN
Participant's Guide

Learning Objectives: By the end of this session, couples will have:

1. Identified and discussed the steps in resolving conflict.
2. Shared their styles and ways of handling and resolving conflict.
3. Decided to follow the steps in resolving conflict when it arises.

I. Preliminaries

- A. Welcome and Intro
- B. Ground rules for a safe and fruitful discussion time.

II. Review:

III. Interaction /Discussion Time:

A. About the video presentation:

B. Discuss the following questions:

1. Dave and Ann Wilson mentioned 4 styles of handling conflict: **Win, Yield, Withdraw and Resolve**: Personally, how do you generally handle conflict? Of the 4, which one/s do you usually do? Why do you think so?
2. There were 4 simple practical steps for resolving conflict that Dave and Ann talked about (Shut Up and Listen, Soft answer, Seek forgiveness or grant forgiveness, Surrender).

a. Shut Up and Listen.

James 1:19 says: ***“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry”.***

- What is your tendency? Are you quick to listen first or to speak first? How would you rate yourself as a good/ sincere listener? (1-5, one (*poor*) and 5 (*excellent*). What are some reasons why is it difficult for you to be a good listener?



- What are the benefits in your relationship if you choose to really listen?
- What are some ways you can really show that you are sincerely listening to your spouse?
- What does it mean to listen well, because “**there’s a story behind the story**”? Have you experienced this? Would you like to tell us your story?

b. Soft Answer.

James also says to be “**slow to speak**”. Sometimes the more words we say, the more trouble we find ourselves in.

Prov. 15:1 says, “A soft answer turns away wrath but a harsh word stirs up anger.”

Phil. 4:15 –“Speak the truth in love...”

- *What kinds of words or responses do you sometimes say or do to your spouse that can get you in trouble? Why can’t you just be gentle with your words and actions? When does this usually happen? How are you doing in this area?*
- *How has the illustration of “cutting the whole plant” impacted you? Can you relate? What does it mean to you?*
- What are some of the ways you can give a “soft answer” so anger can be slowed down? Could you give some examples that have been helpful in your relationship?

c. Seek Forgiveness or Grant Forgiveness.

James 5:16-“*Therefore, confess your sins to one another... so that you may be healed.*”

Ephesians 4:32-“*Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*”

Forgiveness must happen to experience reconciliation.

Forgiveness includes 4 parts:

Confessing (*I am wrong*), **Sorrow** (*I am sorry*), **Repentance** (*I don’t want to hurt you again*), and **Request** (*Will you forgive me?*). **Ex.** “*I was wrong when I spoke harshly and yelled at you a while ago. I am sorry for hurting your feelings by saying harsh words and yelling at you. I don’t want to hurt you again. Will you forgive me, Hon?*” An appropriate response would be: “**I forgive you**” or, “**You are forgiven.**”

- Which is more difficult for you to do? To ask for forgiveness or grant forgiveness? Explain your answer.
 - How does this seeking and granting forgiveness being practiced in your relationship/home? How do you usually ask for forgiveness and grant forgiveness?
 - Why forgive?
- What do you think does this mean? *“When you forgive someone, you set a prisoner free only to discover that you are the prisoner.”*

d. Surrender to Jesus. There’s no power in us apart from our relationship with Jesus Christ.

- How does this relate to your experience? Can you think of any experience in your life or marriage that you would like to share for us to learn as well?
- How does surrendering our life & marriage (*bitterness, anger*) to Jesus affect our way of resolving marital conflict (*and other conflicts*)? Explain.
- Have you fully surrendered your life to Jesus?

iv. *Specific Application:*



As you reflect on today’s topic of conflict, what is your biggest takeaway or realization?

What is your “I will” this week? **Ex:** *“By God’s grace and help, I will humble myself and try to use the 4 parts/elements (Confessing, sorrow, repentance, request) in asking for forgiveness when conflict arises anytime.” (You can have more and can continue doing them after this week) “I will _____”.* (Write your “I will” statement on the **Specific Application “I will” Chart**).

v. *Moments Together: (Connect horizontally and vertically).*



As a couple, you are highly encouraged to take time (make a date) and discuss the questions together this week and come up with action points for your application. This is also the best time for you to go VERTICAL by ending your time praying together as a couple). Be ready to share your Moments Together time at the next meeting.

Wrap-up : Go back to the big group (for announcements & closing prayer).

/spm ☺ - 8/20, Davao city