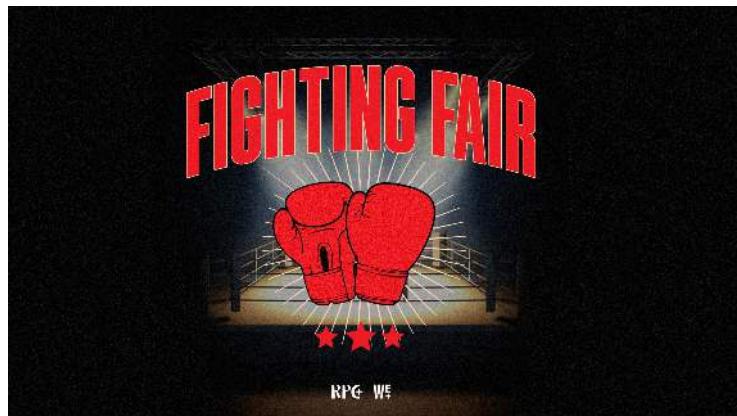


SERMON DISCUSSION GUIDE



FIGHTING FAIR

PANEL: TANYA WHITAKER, JAMEY & JENNIFER WEBSTER, TERRACE & STEPHANIE CLAYTON
FEBRUARY 18, 2024

If you would like to watch the message, visit rpc.me/messages.

POLL YOUR GROUP

- How many of you saw parents fight?
- Never saw parents fight?
- Saw a fight resolved in a respectable way? Share what you remember.

READ

"Conflict is inevitable, combat is optional and our words can make all the difference."

Read James 3:3-6, Psalm 12:3-4 and Psalm 120:2.

QUESTIONS

- What would you say are the main causes of fights and quarrels among people? (Politics, parenting, finances, division of chores, choice of friends, beliefs, etc.)
- According to James, what are the dangers of our tongue? (In verses 5 and 6, though our mouth is small our words have great power to boast, corrupt and destroy.)
- How are rudders on ships and bits on horses' mouths related to the tongue? (When we put bits into the mouth of a horse to make them obey us, we can turn the whole animal. Compared to the size of a ship, the rudder is small, yet has the power to steer the larger vessel. These two analogies emphasize the tongue's ability to control direction.)

- How have you experienced your word igniting a forest fire or another's words igniting you?
- Relational conflict occurs most times because a need is not being met or a need feels threatened. What are the various types of relational needs? ([Acceptance, Affection, Appreciation, Approval, Attention, Encouragement, Respect, Security and Support](#))
What is the most important relational need for you?

READ

Romans 12:18 and Ephesians 4:29

QUESTIONS

- What are the components of a good fight? ([Becoming allies instead of challengers, fight to resolve conflict not to win](#))
- How can we set ourselves up for a good fight? ([Take responsibility for your part in the conflict, see the other perspective, and use words to encourage or build the other person to help reach a peaceful resolution or agreement](#))
- Why do you think it is easier to demonstrate a healthy conflict resolution with those outside of our inner circle? ([Those in your inner circle know your strengths and weaknesses and what buttons to push to upset you, you rely on your inner circle to fill your relational needs so there is more at risk in wanting to be heard and understood by them versus a co-worker](#))
- What are some practical things we can do to remain calm in conflict? ([Avoid the escalation ladder \(do not one up the other\) and utilize a literal time out where both parties agree on a time to return to the discussion \(at least 20 min/no longer than 2 hrs.\)](#))

READ

James 1:19

QUESTIONS

- What are the four responses to conflict? ([Flight, flight, freeze or appease](#)) Which one is a typical response for you?
- Which action described in James 1:19 is challenging for you? ([Quick to listen, slow to speak or slow to become angry](#))
- The panel mentioned three contributing factors to relational conflict that we should avoid. Which factor do you find challenging? Which factor can you commit to put into practice this week?

1. Invalidation – when one person subtly or directly puts down the thoughts, feelings, or character of another. Instead, show respect for each other by acknowledging the other's viewpoint and acceptance of their feelings.
 2. Distraction – not giving the other person your full attention. We can become distracted by tv shows, social media, emails, kids and schedules. Remember to prioritize your marriage and your family and give yourself permission to say no.
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3. Withdrawal or avoidance – Unwilling to get into or stay in an important discussion. You may be trying to keep peace but the other person feels like they're not heard. Instead, be present and willing to have the hard conversations to get to a resolution.

- How did this message challenge, change, or affirm your thinking?
- What is one “ah-ha” you will take from the weekend message and our discussion?

CLOSE IN PRAYER: How can the group pray for you now and in the days ahead?

LEADERS: Rodeo weekend at RPC|WE is coming up on Thursday, February 22 (Richmond & WE only) and Sunday, February 25 on all campuses. Grab your group and your favorite cowboy boots and get ready for great country music, fun for the kids, and a helpful message!