

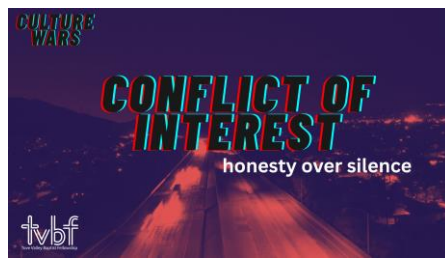
1. Share about the last argument/disagreement you had – you can omit names if necessary.

READ JAMES 4:1-6

2. What does James say lies at the root of all our quarrels and fights? Have you ever asked God for something “wrongly, to spend it on your passions” (v. 3)?
3. Why do you think James called people who pray this way “adulterous people” (v. 4)?
4. We tend to think of jealousy in a negative light. Why is God justified in yearning “jealously over the Spirit he has made to dwell in us” (v. 5)?
5. How might knowing that “God opposes the proud but gives grace to the humble” help us take steps to resolve conflict?

READ JAMES 4:7-10.

6. What does it mean to submit? What does it look like to submit to God? Why might submitting not be a popular activity in our culture?
7. How might the devil try to hinder us from resolving conflict? How should we respond to the devil’s attacks?
8. What does it mean to be “double-minded”? How does humility combat double-mindedness?
9. How can we create a culture in our church or home group where honest, loving confrontation is normal rather than avoided?
10. When you’ve been confronted about sin in the past, how did you respond — with defensiveness and excuses, or with humility and willingness to change?
11. How does remembering the magnitude of your own forgiveness in Christ change your willingness to forgive those who have wronged you?
12. Are you holding any grudges or refusing to forgive someone, even though they’ve repented and asked for forgiveness?



Seven 7 biblical principles for Healthy conflict resolution as shared by Dr Michelle Bengston:

- Seek God First
- Embrace Humility
- Speak the Truth in Love
- Be Quick to Listen and Slow to Anger
- Pursue Reconciliation Over Winning
- Guard Against Gossip and Slander
- Forgive as Christ Forgave

1. Which of these seven do you think is the most important?
2. Can you describe a time you applied one of these principles?
3. Which of these principles do you struggle to follow?