



Matthew 7:1-5

The #1 barrier to conflict resolution is: _____

The last place we want to _____
Is the first place we need to _____

Ask yourself:

- Do I want to get better not bitter?
- Do I want to grow and develop as a person?
- Do I want to find God's will for my life?

If your answer is **yes**, then you must ask:

What is _____ in this conflict?
What do I need to do to _____ ?

God knows your worst, yet loves you the most!

Confession A good confession can transform a bad situation.

Ken Sande's 7 A's of Confession:

Address _____
Start with God, and go as far as the reach of the offense

Avoid _____
"but" can erase all the words before it

Admit _____
demonstrate your thought and your ownership

Acknowledge _____
"do I understand?"

Accept _____
confession does not remove consequences

Alter _____
something has to change

Ask _____
It is about them not you, so ask don't demand



Getting started...

What are you looking forward to over the next two months?



Start sharing...

Pride can keep us from seeing and owning our part in conflict. What other barriers within us can prevent confession?

What have you experienced as helpful in overcoming these barriers?

When is it hardest for you to see your part in a conflict?

Going deeper...

Reread **Matthew 7:1-5** and then discuss the main points of the sermon.

The 7 A's of Confession are a great guide.

Review each one, and discuss how it can help in resolving conflict (even if you are only 2% responsible). Then give a few example sentences for how that "A" could be addressed in a confession (or examples of what not to say).

- Address everyone involved
- Avoid if, but and maybe
- Admit specifically
- Acknowledge the hurt
- Accept the consequences
- Alter your behavior
- Ask for forgiveness

Read Psalm 51:1-15

This is King David's confession of adultery, murder, and more. It is directed solely to God. What in this do you see as important in confessing our sins to God. How might confessing to God be different than confessing to another human?

Start doing...

Read chapter 6 of *Resolving Everyday Conflict*

Think of a conflict you are involved in. What is your part, do you need to confess to someone, or to God? What would you say to them?