



You Mad, Bro?
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P_{review}

This lesson is teaching us how to deal with conflict in a healthy and Biblical way.

P_{raise}

Sing the chorus "Our God (Is Greater)" as a group.

P_{arable}

I'm going to read 2 situations. Tell me what you would be thinking if this happened to you.

1. In the cafeteria at school, you return to your plate to find that someone has poured milk on your pizza. There are at least 2 other students nearby.
2. Walking through the hallway, you meet up with you best friend. He/she begins to tell you that another person is spreading rumors about you. This person bumps into you in the hallway.

P_{resent}

Everyone has conflict at some point. Whether you have 50 friends or 2. Whether you have 2000 followers on instagram or 20. Conflict will find you. There is no way to completely avoid conflict all your life. The only way you could do that is go buy a bunker in the mountains and stay there all by yourself for your entire life eating canned vegetables and SPAM. Anybody in? Didn't think so!

So, now that we know we can't avoid conflict, we need to know how to deal with it as Jesus would want us to. What do we do? What do we say? How do we say it? Following is an outline of how I believe Jesus would want us to handle conflict.

First, hang in there. When conflict comes your way, the hardest thing to do sometimes is just to keep a cool head. It's very easy to react angrily to conflict. When you do, it puts you in a very dangerous situation. In life, you will be called many things. Some things are good (student, man, woman, doctor, lawyer). Some might or might not be good (smart, not so smart, tall, short, fat,



skinny). But the one thing you don't want to be called in life is a fool. Check this out in **Proverbs 29:11**.

“Fools give full vent to their rage, but the wise bring calm in the end” (Proverbs 29:11, NIV).

If you let your anger go unchecked in conflict, the Bible says you become a fool. So, you are angry and in the middle of conflict. What do you do with your anger?

Admit you're angry! Don't lie about being upset in a conflict situation. Sometimes that's the hardest part of all. It's OK to be angry! But you have to admit it openly and not pretend it doesn't exist.

Don't sin by letting anger control you. Don't let the sun go down while you are still angry. (See Ephesians 4:26.)

It's very important in the middle of conflict that you don't let the conflict control you. Instead, take control of the situation by admitting you are angry. Really, handling conflict always comes down to control. When you lose control, it leads to doing something you will regret.

After admitting you're upset in the conflict, listen. It's been said many times there is a reason you have 2 ears and only 1 mouth. To have easier conflict resolution in your life, it will help if you'll simply listen more. Let's break this down in 2 areas.

Listen to others around you. Even the person you're upset with has something to say. Handling conflict is so difficult because you don't want to hear anything they're saying. Believe it or not, what they have to say may change your mind on the whole situation. But you'll never know unless you listen to what they have to say. Don't become so consumed with your side of the conflict that it becomes a monologue, not a conversation.

Listen to God. The Holy Ghost is the greatest gift ever given to mankind. One of the coolest aspects of that gift is that He will lead you safely through some of the most difficult circumstances if you will trust in Him. Now, part of trusting in Him is listening to Him. Although it's not what we are taught to do in today's culture, listening for God's voice in conflict is something we should do often. In fact, the best thing to do is just to take a step back, breathe, and simply tell Jesus that you love Him.

Ask Him what you should do. Here's a hint: He's never going to tell you to punch that guy/girl, throw food at them, or talk about them behind their back. He's going to tell you to love them and be patient, even in conflict. But we have to open our spiritual ears long enough to hear Him speak. Remember, God is bigger than the current situation. The conflict becomes small when we think of it that way.



When you do these things, you'll feel better about conflicts, and they will resolve easier than they have in the past. You'll find yourself not being angry as much. To quote the words of the great man Phil Robertson, everybody will be "happy, happy, happy."

Pactice

So let's review. When conflict comes your way, what 3 actions should you take?

1. Stay cool
2. Admit your anger
3. LISTEN

What is a real life example that we could apply this to?

Pray

God, I want to thank You for the opportunity You have given us today to gather and talk about Your word and how it applies in our lives today. I want to thank You for our friends, family, and classmates. We know that sometimes conflict will come our way. Help us to have the grace that You have shown us. Give us the confidence to live with that grace in the forefront of our minds and help it to flow out into our actions. Help us to do our best today in class as we live FOR YOU! In Jesus' name ... Amen.

Plus

Next time conflict arises and you feel the natural tendency to let anger rise up and respond like the Hulk, remember the 3 action points we talked about today. If you do that, I believe you can "be angry and sin not."