

Cultivate Discussion Guide

Relational Remix – Having Healthier Conflict September 21 and 22, 2019

If you missed this weekend's message, view it at cultivate.sc/discussion
For more information on how we're using the enneagram, visit sandalschurch.com/enneagram

Tips for leaders:

- Prepare for your group. Your goal is to choose the questions that will lead your group into REAL conversation about the topics most meaningful to you. It's okay if you don't answer them all!
 - To help everyone follow along, ask them to print the Discussion Guide or pull it up on their phone.
 - If questions remain unanswered, encourage women to work through them as they cultivate God's word on their own throughout the week.
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Cultivate Truth: Read the following verses...

"I have a serious concern to bring up with you, my friends, using the authority of Jesus, our Master. I'll put it as urgently as I can: You *must* get along with each other. You must learn to be considerate of one another, cultivating a life in common." 1 Corinthians 1:10 MSG

"Do all that you can to live in peace with everyone." Romans 12:18 NLT

#1: As a believer in the church and in REAL community, why do you think it's a "serious concern" that we learn to be considerate of one another and live in peace? What can the consequences be when we can't...or even won't?

#2: How do these verses challenge you personally?

Conflict is never fun and most conflict should be avoided, but sometimes it's unavoidable. When we know better, we do better and learning to manage our conflict is so important to becoming women who are spiritually wise, emotionally healthy and relationally kind.

What's your relationship with conflict?

#3: PAST: How did you see conflict handled when you were growing up - do you come from a line of stuffers, stressors, fighters or fixers? How do you think that has impacted your "health" when facing conflict?

#4: PRESENT: Think about your first instinct in the face of conflict. Do you place blame and make excuses? Are you willing to see your part and admit responsibility? Do you actively work toward a solution or wait for someone else to make the first move?

#5: FUTURE: What is one piece of advice you'd give to someone facing conflict?

Consider the Enneagram Triads:

- The Gut: 8, 9, 1 – process conflict through instinct and justice; struggle with anger.
- The Heart: 2, 3, 4 – process conflict through feelings; struggle with shame.
- The Head: 5, 6, 7 – process conflict through thinking; struggle with fear and anxiety.

As you consider how each type/triad processes conflict, answer the following. If you don't know your primary style/triad, answer based on what you most related with.

#6: How did learning about your process make you feel understood?

#7: How did what you learned challenge you?

#8: When conflict happens, identify which of the following is a response you want to work on. Then, break into groups of 2-3 and complete the Cultivate Prayer exercise below - or take some time to reflect and pray on your own this week.

- Not letting anger get the best of you (Ephesians 4:26-27)
- Honoring the person you are upset with in the process (Matthew 18:15-17)
- Being the first to apologize (Job 42:6)

Cultivate Prayer - Break into prayer partners OR get alone someplace quiet with God:

1. Share the response to conflict you want to work on. Based on what you've learned about yourself through the enneagram, why do you think this is a struggle for you?
2. Read the verse next to your response. How does it encourage, challenge or even convict you?
3. What are some steps you can take this week to work towards overcoming or achieving this? That might simply include acknowledging this is hard and praying about how God can transform and strengthen you to handle conflict in a healthier way in the future.

KIND Table is THIS Friday, September 27 and there's still time for you to join us. All it takes is a table, a few invites and a willingness to be His kind. Head over to **cultivate.sc/kindtable** to RSVP as a hostess and find printable invites, tips and resources including a message on kindness from Tammy and Melody, available Friday for you to watch with your guests!