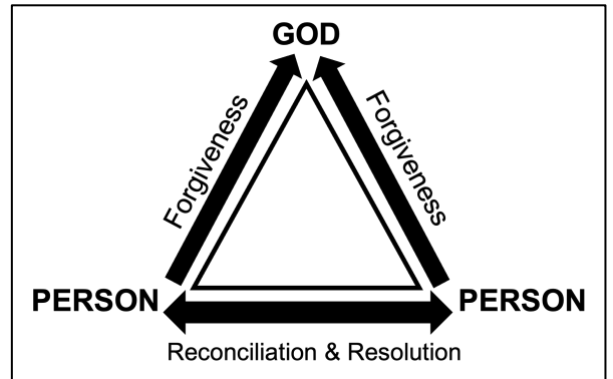


Conflict Resolution
Forgiving Others

I. Review

- i. Three Opportunities in Conflict
 - a. Grow in Relationship with Jesus
 - b. Serve Others
 - c. Reveal God's Heart to the World
- ii. Biblical Patterns of Navigating Conflict
 - a. God's Desire (Matthew 5:23-24)
 - b. Overlook Minor Offenses (Proverbs 19:11)
 - c. Approach the Offender (Matthew 18:15-20)



- iii. Conflict Resolution Triangle
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II. Read Genesis 45:1-15, 24-28; 46:28-30; 50:14-21

- i. Summary and Facts
 - a. How do we know Joseph wasn't holding on to any unforgiveness toward his brothers?
 - b. How did Joseph initiate reconciling with his brothers?
 - c. What were the results of relational healing between Joseph and his brothers?
 - ii. Emotions
 - a. How did Joseph truly feel about his brothers? What emotion did Jacob feel?
 - b. How did his brothers initially feel? What specific emotion did Joseph's brothers feel toward him after their father Jacob's death?
 - c. How does this story make you feel?
 - iii. Response
 - a. Are you willing to believe that:
 - Conflict is an opportunity to grow in relationship with Jesus, serve others and reveals God's heart to the world?
 - You must fully forgive the other person before you can reconcile the relationship?
 - God has the power to restore a hurting or broken relationship in your life?
 - c. Are you willing to initiate reconciliation with the other person in a time/place/manner that is loving to them?
 - iv. Seek to Apply
 - a. Ask the Father to speak to your heart about any unforgiveness you are holding onto.
 - b. Live out conflict resolution with anyone you need relational healing with?
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III. Equipping

- i. Utilize the Reconciliation Model, following HUT (head, understood, taken seriously)

Reconciliation		
Phase	Model for Sharing Your Hurts & Offenses	Model for Apologizing
Initiate	<p>*Ensure you have forgiven the other person (between you and God) in your heart before you bring your hurts to the them.</p> <p>"I have something I need to share with you that is personal. Do you have time to talk?"</p>	"Yes, this is a good time to talk."
Heard	"It hurt me when you _____ (action). It made me feel _____ (emotion)."	"I am so sorry. What I hear is that you felt _____ (emotion) because of _____ (action). Is that correct?"
Understood	"Yes."	"I am so sorry for _____ (express sorrow and regret for how you may have hurt the other person). Do you feel understood?"
Taken Seriously	<p>*If "Yes"</p> <p>*If "No"</p>	<p>"I am so sorry. Will you please forgive me? I love you/ care for you deeply."</p> <p>"Let me try to understand better. This would be like _____ (put yourself in their shoes and think of and share a made up example, similar to this one but with the roles reversed). Do you feel understood?"</p>
	"I forgive you. Is there anything I've done that hurt you that we can address?"	*If there is, repeat process by switching roles.
	*At the end hug and prayer together. Thank God for bringing peace and resorting your relationship. Ask Him for wisdom, humility, understanding and love to resolve whatever the issue is.	