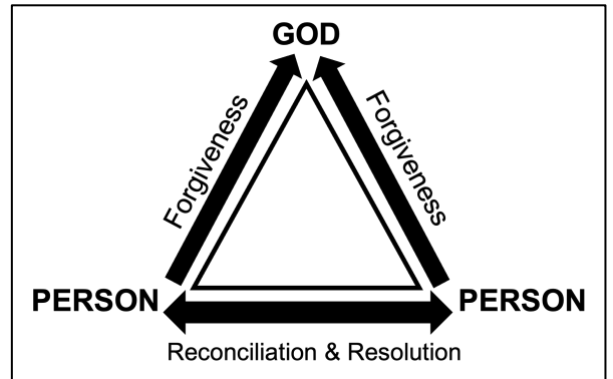


Conflict Resolution  
**Walking Through Hurt**

**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 37**

- i. Summary and Facts
  - a. What happened that brought conflict between Joseph and his brothers?
  - b. What were his brothers holding against him?
  - c. What did it cause them to consider doing and end up actually doing?
  - d. What were the results of unforgiveness in this family?
- ii. Emotions
  - a. What emotions were Joseph's brothers feeling toward Joseph:
    - After he received the robe from their father?
    - After he told them his dream?
    - After he told them & their father the 2<sup>nd</sup> dream?
  - b. How did Reuben feel after things didn't work out how he thought?
  - c. How was Joseph probably feeling as he experienced all this?
  - d. How does this story make you feel?
- iii. Response
  - a. Are you conscious of the negative emotions you may be feeling, or do you suppress them?
    - Are you willing to talk to God about them?
  - b. Are you overly sensitive to other's actions because you aren't regularly in touch with how your heavenly Father thinks of you / feels about you?
    - Are you willing to trust that Holy Spirit can speak and heal you in that?
  - c. Do you believe that:
    - Conflict is an opportunity to (1) grow in relationship with Jesus, (2) serve others and (3) reveals God's heart to the world?
    - Holding onto unforgiveness is sin against God?
    - Forgiveness involves releasing another from a liability, canceling a debt, and offering a pardon without resentment or desire for revenge?
  - d. As you consider how much God has forgiven you, are you willing to release to *The Righteous Judge* any hurt and anger you currently have toward someone else, and experience & express sorrow & regret to Him?

iv. Seek to Apply

- Ask the Father to speak to your heart about any feelings you are holding onto against another person.
- Ask God for wisdom and peace as you consider initiating reconciliation with the other person(s) in a time/place/manner that is loving to them.

### III. Equipping

- Utilize the Feeling Words chart to identify feelings.

FEELING WORDS													
Mad		Sad		Glad		Afraid		Confused		Ashamed		Lonely	
Bothered	A Little	Down	A Little	At Ease	A Little	Uneasy	A Little	Curious	A Little	Uncomfortable	A Little	Out of place	
Ruffled		Blue		Secure		Apprehensive		Uncertain		Awkward		Left Out	
Irritated		Somber		Comfortable		Careful		Ambivalent		Clumsy		Unheeded	
Displeased		Low		Relaxed		Cautious		Doubtful		Self-conscious		Lonesome	
Annoyed		Glum		Contented		Hesitant		Unsettled		Disconcerted		Disconnected	
Steamed		Lonely		Optimistic		Tense		Hesitant		Chagrined		Remote	
Irked		Disappointed		Satisfied		Anxious		Perplexed		Abashed		Invisible	
Perturbed		Worn Out		Refreshed		Nervous		Puzzled		Embarrassed		Unwelcome	
Frustrated		Melancholy		Stimulated		Edgy		Muddled		Flustered		Cut Off	
Angry		Downhearted		Pleased		Distressed		Distracted		Sorry		Excluded	
Fed Up		Unhappy		Warm		Scared		Flustered		Apologetic		Insignificant	
Disgusted		Dissatisfied		Snug		Frightened		Jumbled		Ashamed		Ignored	
Indignant		Gloomy		Happy		Repulsed		Unfocused		Regretful		Neglected	
Ticked Off		Mournful		Encouraged		Agitated		Fragmented		Remorseful		Separated	
Bristling		Grieved		Tickled		Afraid		Dismayed		Guilty		Removed	
Fuming		Depressed		Proud		Shocked		Insecure		Disgusted		Detached	
Explosive	Lousy	Cheerful	Alarmed	Dazed	Belittled	Isolated							
Enraged	Crushed	Thrilled	Overwhelmed	Bewildered	Humiliated	Unwanted							
Irate	Defeated	Delighted	Frantic	Lost	Violated	Rejected							
Incensed	Dejected	Joyful	Panic Stricken	Stunned	Dirty	Deserted							
Burned	Empty	Elated	Horried	Chaotic	Mortified	Outcast							
Burned Up	Wretched	Exhilarated	Petrified	Torn	Defiled	Abandoned							
Outraged	Despairing	Overjoyed	Terrified	Baffled	Devastated	Desolate							
Furious	A Lot	Devastated	A Lot	Ecstatic	A Lot	Numb	A Lot	Dumbfounded	A Lot	Degraded	A Lot	Forsaken	

SOURCE: Cited in Beverly Hartz, "Pastoral Care and Chaplaincy" class notes, Fall 2000, Talbot Theological Seminary

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