

Week 2: Emotional Health in Relationships & Community and Navigating Conflict in Healthy, Christlike Ways

Speaker: Patricia Driggers

What Is Emotional Health?

- Managing emotions in healthy ways
- Not the absence of difficult emotions
- Handling how we feel helps make healthy relationships.

Understanding Our Emotions

- Feel the emotion.
- Interpret the emotion.
- Act on the emotion.
- Pause. (Count slowly to ten.) – Name the Emotion. – Identify the Need. – Choose a Response.

Maintaining Close Relationships

- Honest communication
- Vulnerability and appropriate openness
- Active listening
- Empathy
- Respecting differences
- Giving and receiving feedback
- Repairing relationships after conflict (Matthew 5:23-24)

Emotional Health in Community (Romans 12:18; Matthew 5:9)

- What does a healthy community cultivate?
- What can cause emotional insecurity in community?

Responding to Conflict by Reflecting the Character of Christ

- Reconciliation (James 1:19-20; Proverbs 15:1)
- Go directly to the person.
- Humility (Philippians 2:3-5)
- Love
- Speak truth and do not let anger control you.
- Is what I am about to say true, necessary, loving, and constructive? (Ephesians 4:15)

Listening

- Active listening is an act of love.
- We do not have to agree with someone's perspective to understand it.
- Conflict can escalate when each person is preparing a defense instead of listening. (Proverbs 18:13)

Take Responsibility for Your Part in the Conflict

- Matthew 7:3-5, Psalm 139:23-24, James 5:16

Know When to Seek Help. (Matthew 18:16; Proverbs 15:22)

- Destructive patterns
- Marriage or family breakdown
- Leadership conflicts
- Serious betrayal
- Situations involving manipulation or abuse

Christlike Conflict Model (H.E.A.L.)

- H – Humble yourself.
- E – Engage directly.
- A – Ask and listen.
- L – Love toward restoration.

- How do our emotions affect the way we treat the people around us?
- What are some healthy ways to maintain a close relationship when there is a conflict?
- What does emotional health look like in community (CLC)?
- What are things that can make a community emotionally unhealthy?
- What is the difference between peacekeeping and peacemaking?
- How did Jesus model truth and grace when dealing with difficult people?
- Do you think addressing conflict in a Christlike way is more or less important when dealing with family members than with others in your community? Why or why not?

- What emotion is hardest for me to express?
- How do I usually respond to conflict? Do I tend to withdraw, explode, avoid, or pursue?
- Who helps me feel heard and supported?
- What is one relationship skill I want to practice?
- What usually happens inside me when I feel misunderstood, criticized, or hurt?
- Which part of healthy conflict is hardest for me: initiating, listening, apologizing, forgiving, or setting boundaries?
- Is there a conflict God may be inviting you to approach differently? What would a Christlike response look like in that situation?

NOTES:

PATHWAY TO
**EMOTIONAL &
SPIRITUAL HEALTH**

PATHWAYS
DISCIPLESHIP SERIES

Choose your path. Grow in your faith.

Healthy Relationships and Sustainable Rhythms

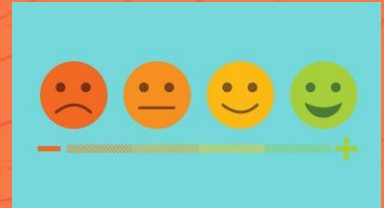


Emotional Health in Relationships & Community



What is Emotional Health?

- Recognizing, understanding, expressing, managing emotions in healthy ways
- Not the absence of difficult emotions
- Healthy relationships require healthy ways of handling what we feel.



**How do our emotions
affect the way we
treat the people
around us?**



Understanding Our Emotions

- Feel the emotion.
- Interpret the emotion.
- Act on the emotion.

Pause. ➡ Name the Emotion. ➡ Identify the Need. ➡ Choose a Response.

Emotional Health in Close Relationships



What are some healthy ways to maintain a close relationship when there is a conflict?



Maintaining Close Relationships

- Honest communication
- Vulnerability and appropriate openness
- Active listening
- Empathy
- Respecting differences
- Giving and receiving feedback
- Repairing relationships after conflict



Conflict is not necessarily evidence of an unhealthy relationship; an inability or unwillingness to repair can be.



Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.



Matthew 5:23-24

What does emotional health look like in community (CLC)?



Healthy Communities Cultivate:

- Belonging
- Mutual respect
- Inclusion
- Compassion
- Accountability
- Shared responsibility
- Healthy disagreement
- Support during difficult seasons



**What are things that can
make a community
emotionally unhealthy?**



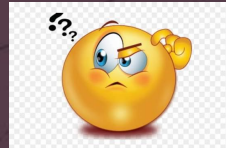
Things That can Cause Emotional Insecurity in Community

- Gossip
- Isolation
- Bullying
- Favoritism
- Shame
- Unresolved conflict
- Pressure to conform
- Lack of accountability



A friend stopped responding to your messages. You feel rejected and angry.

- What other emotions might you experience?
- What story might you tell yourself about the situation?
- What would an unhealthy response look like?
- What would a healthy response look like?
- How could you communicate your concern?

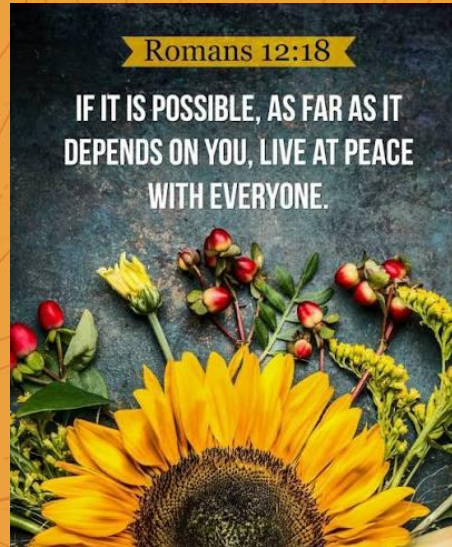


Food for Thought



- What emotion is hardest for me to express?
- How do I usually respond to conflict? Do I tend to withdraw, explode, avoid, or pursue?
- Who helps me feel heard and supported?
- What is one relationship skill I want to practice?

If it be possible, as much as lieth in you,
live peaceably with all men.



Romans 12:18

Navigating Conflict in Healthy, Christlike Ways



Blessed are the peacemakers: for they shall be called the children of God.



Matthew 5:9

Conflict is inevitable, but how we respond to it can reflect the character of Christ by seeking:

- Truth
- Reconciliation
- Humility
- Love



Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.

Look not every man on his own things, but every man also on the things of others.

Let this mind be in you, which was also in Christ Jesus.



Philippians 2:3-5

Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:

For the wrath of man worketh not the righteousness of God.



James 1:19-20

A soft answer turneth away wrath: but
grievous words stir up anger.



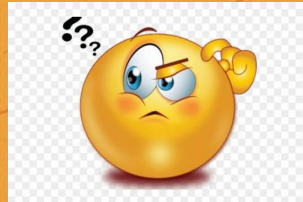
Proverbs 15:1

Before addressing the other person's behavior, examine your own heart.

Are you trying to restore the relationship or prove you are right?



**What usually happens
inside me when I feel
misunderstood, criticized,
or hurt?**



Learn to address conflict instead of avoiding it.

- Pursue reconciliation.
- Go directly to the person.
- Speak truth and do not let anger control you.



Moreover if thy brother shall trespass against thee, go and tell him his fault between thee and him alone: if he shall hear thee, thou hast gained thy brother.



Matthew 18:15

Speak truth with love. Christlike communication holds these two things together.

- Truth
- Love
- Ask yourself: “Is what I am about to say true, necessary, loving, and constructive?”



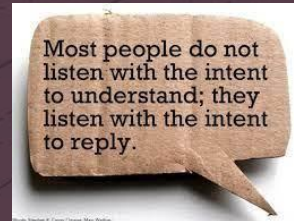
But speaking the truth in love, may grow up into him in all things, which is the head, even Christ.



Ephesians 4:15

Listen to understand, not just to respond.

- Listening is an act of love.
- We do not have to agree with someone's perspective to understand it.
- Sometimes conflict escalates because each person is preparing a defense instead of listening.



Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath.

Know this, my beloved brothers let every person be

Quick to Hear
Slow to Speak
Slow to Anger

James 1:19

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James 1:19

He that answereth a matter before he
heareth it, it is folly and shame unto him.

Proverbs 18:13



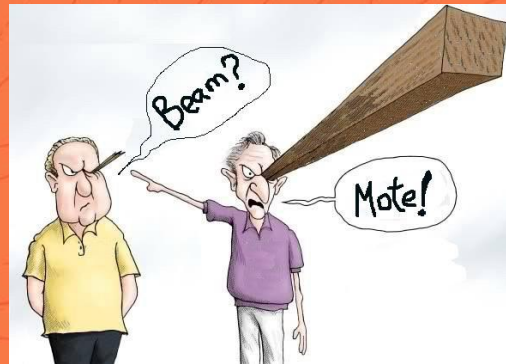
Take responsibility for your part in the conflict.

Healthy conflict requires the courage to say:

- “I was wrong.”
- “I shouldn’t have said that.”
- “I can see how that hurt you.”
- “Will you forgive me?”
- “What can I do differently?”
- Micah 6:8



And why beholdest thou the mote that is in thy brother's eye,
but considerest not the beam that is in thine own eye?
Or how wilt thou say to thy brother, Let me pull out the mote
out of thine eye; and, behold, a beam is in thine own eye.
Thou hypocrite, first cast out the beam out of thine own eye; and
then shalt thou see clearly to cast out the mote out of thy
brother's eye.



Matthew 7:3-5

Search me, O God, and know my heart:
try me, and know my thoughts:
And see if there be any wicked way in
me, and lead me in the way everlasting.



Psalms 139:23-24

Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.



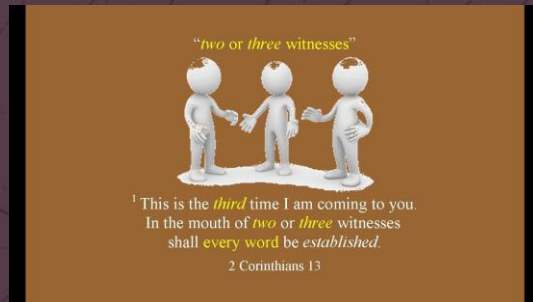
James 5:16

Know when to seek help.

- Repeated destructive patterns
- Marriage or family breakdown
- Leadership conflicts
- Serious betrayal
- Situations involving manipulation or abuse



But if he will not hear thee, then take with thee one or two more, that in the mouth of two or three witnesses every word may be established.



Matthew 18:16

Without counsel purposes are
disappointed: but in the multitude of
counsellors they are established.



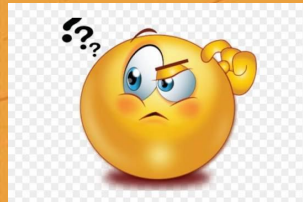
Proverbs 15:22

Christlike Conflict Model: H.E.A.L.

- H - Humble yourself. (Examine your heart and motives.)
- E – Engage directly. (Do not gossip. Go to the person.)
- A – Ask and listen. (Seek understanding before defending yourself.)
- L – Love toward restoration. (Speak truth, extend forgiveness, take responsibility, and pursue peace where possible.)



**Which part of healthy conflict is
hardest for you: initiating,
listening, apologizing, forgiving,
or setting boundaries?**



**What is the difference
between peacekeeping and
peacemaking?**



How did Jesus model truth and grace when dealing with difficult people?



Do you think addressing conflict in a Christlike way is more or less important when dealing with family members than with others in your community? Why?



Is there a conflict God may be inviting you to approach differently? What would a Christlike response look like in that situation?

