



Part 1: How to Have Healthy Conflict // Jeff Brodie // March 9, 2025

You know that moment—the one where things start getting heated. Your heart rate goes up, your mind races, and you're ready to explode or shut down. Some people fight to win, while others avoid conflict like the plague. But what if neither of those approaches works? Jesus shows us that conflict isn't something to fear—it's something to handle wisely. And when done right, it can make relationships stronger, not weaker.

Scripture: [Matthew 5:9 NIV](#); [Romans 12:1-2, 9-21 NLT](#); [John 13:34-35 NLT](#)

Bottom Line: Peacemakers invite Christ into conflict.

Digging In:

Reminder: The goal is always a good discussion, not completing every question. Use these as a tool to help.

1. Have you ever witnessed a situation where someone got triggered and erupted? What happened? Why do you think conflict is so difficult for people to handle in a healthy way?
2. Do you tend to lean into conflict (peace pusher) or avoid it (peacekeeper)? How has this affected your relationships?
3. Matthew 5:9 says, "Blessed are the peacemakers, for they will be called children of God." How equipped do you feel to make peace versus trying to force it or hoping to find it?
4. Read Romans 12:1-2. How does "changing the way [we] think" (letting God transform us so that we have the mind of Christ) help us approach conflict differently?
5. The apostle Paul encourages us in Romans 12:9, "Don't just pretend to love others. Really love them." What does this kind of sincere love look like amid conflict? How does Paul unpack it in the following several verses?
6. Jeff talked about empathy being a key part of sincere love. How can developing empathy toward people we don't agree with help us become better peacemakers? Reflect on the golf illustration to help you think about considering others' perspectives.
7. Romans 12:18 says, "Do all that you can to live in peace with everyone." What does this look like? Are there limits? What does it mean to own your part in a conflict?
8. In Romans 12:20, Paul references the idea of "heaping burning coals of shame" on someone's head. What does this mean? How does going the extra mile impact those who wrong us, and what are some practical ways we can do this in moments of conflict?

9. Jesus tells us in John 13:34-35 that the world will know we are his followers by our love for one another. How does the way we handle conflict reveal the quality of our faith (or lack thereof) to the people around us?

Looking Forward:

This week, when conflict arises, pause and ask yourself: Am I being a peacekeeper, a peace pusher, or a peacemaker? And how could I invite Christ into this situation? Take some time to think about a meaningful relationship in your life where you have unresolved conflict. What is one practical step you could take to pursue peace?