

Introduction:

- What is stress?
- Where does it come from?
- How does it affect us?

Preview:

1. Relational Conflict and Stress
2. How to Tame the Anxiety Monster
3. How to Stop Stress Before it Starts

How to Diffuse Relational Conflict

Philippians 4:1-5 (NIV)

Verse 1 – The Context

Therefore, my brothers, you whom I love and long for, my joy and crown, that is how you should stand firm in the Lord, dear friends!

Verse 2 – The Plea for Unity

I plead with Euodia and I plead with Syntyche to agree with each other in the Lord.

Verse 3 – The Request for Competent Counsel

Yes, and I ask you, loyal yokefellow, help these women who have contended at my side in the cause of the gospel, along with Clement and the rest of my fellow workers, whose names are in the book of life.

Verse 4 – The Command Concerning Relational Focus

Rejoice in the Lord always. I will say it again: Rejoice!

Verse 5 – The Command Concerning Personal Responsibility

Let your gentleness be evident to all. The Lord is near.

Five Ways to Diffuse Relational Conflict

1. Resolve to stop _____.
2. Re-evaluate your _____...
...of the _____ in question
...of the _____
3. Get competent, outside _____.
4. Refuse to allow _____ relationship to ruin your life.
5. Remember a _____ _____ is more important than getting your rights.

Personal Application/Discussion Questions:

1. On a scale of one to ten, rank the level of stress you are currently experiencing and share why.
2. Why is relational conflict so stressful?
3. What specific steps does the Apostle Paul give to help diffuse relational conflict? List them and discuss each.
4. Is there a relationship in your life that calls for you to follow this pattern? When and how will you diffuse the pressure in your problem relationship?

Resources for Further Growth:

1. *Margin: How to Create the Emotional, Physical, Financial & Time Reserves You Need* – Richard A. Swenson, M.D.
2. *The Overload Syndrome: Learning to Live Within Your Limits* – Richard A. Swenson, M.D.
3. *Boundaries: When to Say YES, When to Say NO, To Take Control of Your Life* – Dr. Henry Cloud and Dr. John Townsend
4. *We Are Driven: The Compulsive Behaviors America Applauds* – Dr. Robert Hemfelt, Dr. Frank Minirth, and Dr. Paul Meier