

SERMON NOTES

January 18 & 19, 2025

First Things First: Swimming with Sharks

1. Overtime, unresolved small conflicts _____.

2. Conflict in a relationship is _____ for someone. **John 6:67**

3. Healthy Relationships aren't built on our willingness to _____, but our willingness to _____ conflict.

4. When conflict comes _____. **2 Timothy 1:7**

5. Conflict Coaching Tips **2 Timothy 1:7**

a. _____ the shark

b. _____ to be unleashed.

c. _____ to do what you know God wants you to do.

- _____ the person

Matthew 18:15

- _____ the truth in love
(the last 10%)

Ephesians 4:15 | 2 Samuel 12:7

- _____ counsel

Proverbs 12:15

Homework Assignment:

-

-

-

2025 Action Step: Do conflict _____

John 13:35 | Romans 5:8

Life Steps

First Things First: Swimming with Sharks | January 18 & 19, 2025

Monday

John 6:60-67

Reflect: Unresolved conflict always involves some sort of pain. Knowing that Jesus was fully human, what emotions do you sense in Jesus' response in verse 67? On a scale of 1-10, what is the level of pain you are experiencing where you have unresolved conflict?

Prayer: Merciful God, use the pain of my unresolved conflicts to help me grow and mature in faith, hope, and love.

Tuesday

Matthew 5:23-24

Reflect: Why is working through conflict important to God? Considering the current state of your important relationships, what do you sense God saying to you through this passage?

Prayer: God, show me, make it clear, where I need to take the initiative to resolve lingering conflict.

Wednesday

2 Timothy 1:7

Reflect: When conflict fears kick in, we typically practice fight, flight, or freeze. Which one is your tendency? Review your message notes. When it comes to power, love and self-discipline, which do you most need when it comes to resolving conflict?

Prayer: God, I want to be more like your Son, Jesus. Help me navigate conflict not like the world, but as he did on the cross.

Thursday

Matthew 18:15

Reflect: Time for a moral inventory, do you tend to talk about people when you have a problem with them or do you speak directly with them? Do you swim towards the shark or throw others to the sharks? Where and how do you need to grow in this self-discipline?

Prayer: Fearless and loving God, grant me the courage to swim toward the shark, the conflict, and face it head on for the sake of healing and reconciliation.

Friday

2 Samuel 12:1-13

Reflect: Telling someone the last 10% is based on trust. The goal is not punitive but healing and reconciliation. It is best to ask for permission before sharing the last 10%. For the sake of your relationship, is there someone with whom you need to share the last 10%? What is your plan?

Prayer: God, grant me your supernatural power so that I might speak and hear the truth in love.

Saturday

Proverbs 12:15

Reflect: Before going to someone and sharing the last 10%, spend some time, maybe a day or two, asking God if you need to seek wise counsel. Identify the people you lean on for wise counsel.

Prayer: All-knowing God, I need your wisdom so I might navigate with love the conflict I am experiencing with _____.

Sunday

Ephesians 4:32-33

Reflect: Considering all of your reflective work the past week on resolving conflict, what might God be saying to you through these two little verses?

Prayer: Today, Lord God, I worship and praise you for the gift of your Son, who ended on the cross every conflict once and for all. Hallelujah!