

# Lifehacks - Week 1

This session is going to explore how we resolve conflict, what we do with our emotions and how they interact with our worship

**Ice-breaker.** Share a 'pet peeve'

**Read** Matthew 5:21-24 (Collectively)

**Discuss:** A murder has become a conversation topic. But actions of thought and heart are central to our discipleship.

Bearing in mind that this is part of Jesus' principle teaching in the Sermon on the Mount, why do you think this is an area he wanted to speak on?

**Discuss:** There are many ways to put someone to death without committing a crime! We could stop talking to someone, unfollow people, tarnish their reputation.

Can you relate to this in society? How does this teaching from Jesus affect your attitude towards this person?

**Read** Matthew 7:1-5, Jesus said we should judge people with the level we ourselves are willing to be judged.

**Discuss:** Do we really love people as Jesus loves them?

**Discuss:** Psychologists suggest that we often notice the flaws in other people because we ourselves struggle with the same thing/s!

What are your blind spots?

**Discuss:** The final part of the passage is a note on worship. If there is an unreconciled issue in the church, then that should be resolved before worship continues.

How could we go about resolving conflict in a healthier way in our ConneX groups, friendships and church?

**A 5 step response:** 1: Avoid the temptation to withdraw. 2: Try not to personalise conflict. 3: Think about what you can do differently. 4: It is not necessary to agree completely about past events, but can you find a viable path forward that develops trust? 5: Address issues face-to-face. Email and WhatsApp are not an effective channel for resolving conflict.

**Discuss:** these 5 steps in groups, which is the hardest, how can we be people of better reconciliation?

**A final prayer for reconciliation:** *God of all people and all places – who formed each person in their mother's womb and knows each heart inside out – we come to you in confidence that you can see across borders behind closed doors and into the very motives of each person. We pray today for all people of position, power or influence with the means to make peace where there currently is none. We ask that where they have hardened hearts of stone, you would soften them again into flesh that has compassion for others and a desire to carry out your purposes of justice and righteousness. And we pray most of all for those who are especially pivotal today – those who have softened hearts, or some ground of softness in their hearts, or those who are beginning to question and to let in the light, who can speak up for truth and be heard today, give them boldness and use them to soften others and bring about strategic and lasting change for the sake of all who are suffering and afraid and your Son who died for every single one*