

Our Talk It Over is prepared each week by the teaching pastor and is designed to prompt insights, questions and dialogue based on the life experience of each listener. Using these in a group setting after hearing the message is similar to the practices of the early church in Israel.

## WALKING IN WISDOM Week 3

- How do you typically respond to conflict or quarrels in your relationships? Are you more inclined toward "fight" or "flight," and why do you think that is?
- 2. Think about a recent quarrel you've had. What might have changed if you had taken a step back and reflected on your own heart and motivations?



- 3. In what ways can practicing active listening and seeking to understand the other person's perspective improve conflict resolution?
- 4. When you think about the relationships in your life, where do you most struggle with maintaining peace? How can this group support you in those areas?
- 5. Is there a relationship in your life that you feel is broken or strained? How might this group help you begin the process of healing or reconciliation?