

FAMILY ISSUES

JOURNAL

CONFLICT IN THE FAMILY: FROM LOSE/LOSE TO WIN/WIN

Think of a recent conflict in your life, either at home, at school, with friends, wherever. Spend a few minutes writing about:

- Who was involved...
- What happened...
- What you heard other people say...
- What you heard yourself say...
- How you felt...
- What you like about how you dealt with the conflict...
- What you wish you would have done differently...

Conflict and the Word:

- Read Colossians 3:8-11. In your family, how can you "get rid of" anger, hateful feelings, insults, etc?
- Read Colossians 3:12-17. In your family, how can you "clothe yourself" with compassion, humility, patience, tolerance, forgiveness, love, peace, wisdom, etc?

Prayer Starter:

- God of Peace, just for today, help me to be a peace-maker in my family in these ways...