

ROLLING WITH THE PUNCHES

Big Idea

Pastor Curt – Part 3

This week, we learned another way to Roll With The Punches by observing how Jesus handled His worst day. In His greatest moment of pain on the cross, Jesus was not focused on Himself; instead, He focused His concern on His mother and her future. Through His example, Jesus showed us that even when we are going through a difficult situation personally, **we need to be sure we are taking care of the people closest to us**, and not take it out on them. We may not even be aware that we are affecting others on our bad days, possibly dragging others down with us, and conflict then becomes inevitable. PC discussed Four Stages of Conflict: **Withdrawal** - shutting others out, **Escalation** - responding in anger and using words like “never” and “always”, **Belittling** - name calling and dragging down others, and then **False Belief** - Making things up that are not true. When we are consumed by our own pain, we can pass it on to others.

Pastor Curt said we can learn to roll with the punches by being aware of five things: **1 - Be aware of God's view of other people** John 3:16-17, **2 - Be aware of the power of your words** Proverbs 18:21 and Ephesians 4:29, **3 - Be aware of what you did** Matthew 7:3-4, **4 - Be aware of what you should do** 1 Peter 3:8-9 and Philippians 2:8, and **5 - Be aware of what God will do**. 1 Peter 5:5-6. This awareness will give us the opportunity to make better decisions and care for those closest to us in spite of the struggle.

Discussion Questions

- We all experience hurts, offenses, and issues that may cause us to lose perspective. Discuss steps you can take to keep things in perspective and avoid passing your hurts onto the people closest to you.
- Which of the Four Stages of Conflict do you find yourself heading towards the most? What might be underneath the surface of this stage?
- Discuss how you can be aware of the five areas PC taught us even when you are in pain.
- How can this intentional awareness help you bring life to others?

Prayer Focus

Ask God to help you gracefully care for your loved ones even when life is beating you up, and ask Him to give you awareness of what is truly going on around you, so that you can respond like Christ did.

Next Steps

Use Jesus' example to focus on the needs of the people closest to you, even when you are suffering. As issues arise this week, identify what stage of conflict you are in and ask Him for perspective. Give God a place in everything you do so that you may become more aware of what is really going on. Look for His presence in your life and listen to clearly hear His voice in the middle of the struggle.

Leader Tip

As a Group leader, one of the important parts of your role is to assess the spiritual condition of your group members and help them discover what steps they can take to move closer to God. For more information or resources on how to help your group members move one step in their faith, visit the Groups page on our website.