

Clash in Your Home: A Game Plan for Cleaning Up the Conflict

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Your Family has a TARGET on Its Back

John 10:10a We have an enemy who comes to “steal, kill, and destroy.” He wants to steal our love for one another, take away our joy, and create division between family members.

His main mode of operation is to **DISTRACT** and **DISTORT**. He distracts us from what truly matters, and he attempts to distort and pervert what God created for good.

How does he do this regarding our family?



He **DISTRACTS** us from spending time nurturing and repairing our family relationships.

He **DISTORTS** our view of our family relationships by tempting us to believe that the other family members are our enemy.

“Be serious! Be alert! Your adversary the Devil is prowling around like a roaring lion, looking for anyone he can devour.” 1 Peter 5:8


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The LIE: My enemy is my family member.

The TRUTH: Our enemy is Satan.

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The Dilemma...

“Looking for help and please try hard not to judge because I genuinely want to change it. Do any of you struggle with yelling at your kids? I do. I grew up being yelled at and my house always being so loud. Well, now I am that mom. I don’t want to be, but my kids don’t seem to acknowledge me unless I raise my voice. Have I trained them to only respond when being yelled at? Have I ruined them forever? Is it too late to change? If not, what can I do?”

Two parts to this issue

1. Mom needs to make **her words more valuable** rather than the yelling being valuable.
2. The family needs a **communication habits overhaul**. They need a game plan for better habits.

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Four Step Game Plan

Clash in Your Clan: Cleaning Up the Conflict in Your Home

PLAN OF ACTION –HEADING toward HEALTHY COMMUNICATION

1. **EVALUATE** the Conflict in Your Home
2. **ESTABLISH** the **STANDARD** for Healthy Conflict Communication
3. **REPAIR** any Past Un-Healthy Conflict Patterns and Wounds in Your Home
4. Continually **REPEAT** these steps

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EVALUATE the conflict in our home

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Is ALL conflict bad or is there healthy conflict and unhealthy conflict?

It's important to talk about this because there's two ends of the spectrum regarding conflict – those who are quick to jump into the boxing ring on ideas and debate and then there's those people who melt in conflict. They prefer to melt away and be completely out of the conversation if any disagreement begins. They need to know they are valuable, and their thoughts are essential to have the best end result in the discussion.

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EVALUATE the conflict in our home

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BENEFITS OF HEALTHY CONFLICT

- ***Collaboration of Ideas**, so that we end up with a better plan than prior to the conflict.
- ***Reflects uniqueness's**, allowing individuals to shine in their ideas or perspectives. (Think **ARTWORK**)
- ***"Iron sharpens Iron"** bringing improvement to individuals' character and understanding
- ***Generates Bonding** when we all are open, sincere, and vulnerable along with active listening and responding.

Who in your life tells you the hard things, with love, and you grow from it.

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EVALUATE the conflict in our home

What's the Big Deal? Is Healthy Communication WORTH IT?

Our Family's Communication has lasting

RIPPLE EFFECTS in our children's

Beliefs Attitudes

Actions Decisions

Impacting their present and their future relationships

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EVALUATE the conflict in our home

SPIRIT-LED vs. BONDAGE to SIN

Galatians 5:15-24 "If you keep on biting and devouring each other, watch out or you will be destroyed by each other. So I say, **live by the Spirit** and you will **not gratify the desires of the sinful nature**...22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control...24 Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit."

John 15:4 "Remain in me (Christ) and I will remain in you. No branch can bear fruit by itself. It must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.."

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Family Conflict Evaluation Form

Family Communication Scripture Reference Tool

FAMILY CONFLICT COMMUNICATION EVALUATION FORM

EVALUATE the conflict in your home regarding Actions, Attitudes and Words

SPIRIT-LED in Christ vs. **BONDAGE to SIN**

Love vs. Hatred

Physically Honoring vs. Physically Harming

Righteous Anger vs. Unrighteous Anger

Wholesome Speech vs. Unwholesome Speech

Family Communication Scripture Reference Tool

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EVALUATE the conflict in our home

Actions, Attitudes, and Words

SPIRIT-LED vs. BONDAGE to SIN

LOVE |-----2-----3-----4-----5-----6-----7-----8-----9-----10 **Hatred**

Physically HONORING |-----2-----3-----4-----5-----6-----7-----8-----9-----10 **Physically Harming**

RIGHTEOUS Anger |-----2-----3-----4-----5-----6-----7-----8-----9-----10 **Unrighteous Anger**

Wholesome Speech |-----2-----3-----4-----5-----6-----7-----8-----9-----10 **Unwholesome Speech**

"Wholesome" whole; words that **BUILD UP/Complete/Repair**

"Unwholesome" -not whole; words that **TEAR DOWN/Destruct**: belittle, shame, insult, ridicule, condescend

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EVALUATE the conflict in our home

Common CAUSES OF **ANGER**

RIGHTEOUS INDIGNATION (mistreatment of someone or something/Righteous Anger)

FEAR (losing control)  **Unmet EXPECTATION**

HABIT (Internal affect both **physical** and **emotional** aspects of the habit of anger including

- * raised heart rate,
- * arterial tension and testosterone production increases,
- * the stress hormone, cortisol, decreases
- * left hemisphere, which associates with closeness to another person, is stimulated,
- * frontal and temporal lobes of the brain becomes more stimulated

SIN **Positive RESULTS from past ANGRY OUTBURSTS** **Physical Ailment**

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Understanding and Forgiving in Your Relationship


Men Are Like Waffles
Women Are Like Spaghetti
BILL & PAM FARREL

The Love She Most Desires
LOVE & RESPECT
The Respect He Desperately Needs
DR. EMERSON EGGERICH

FAMILY COMMUNICATION HABITS

Appreciating the Differences

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FAMILY COMMUNICATION HABITS

*MANAGING the MONKEYS Reduces Conflict (and I don't mean your children)

*A word about SIBLING RELATIONSHIPS

- Take the Time to Establish the standard
- Take the Time to REPAIR
- Take the Time for siblings to INVEST in each other emotionally/relationally.



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Other's **RESPONSE** to the **ANGRY** PERSON

EVALUATE the conflict in our home

1. WALL GOES UP

2. Withdraw

3. MATCH THE EMOTION



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EVALUATE the conflict in our home

Spirit-Led vs. Bondage to sin

Slow to Anger 1-----2-----3-----4-----5-----6-----7-----8-----9-----10 **Quick-Tempered**

Humble/Serving 1-----2-----3-----4-----5-----6-----7-----8-----9-----10 **Prideful/Taking**
"It's a joy to bless others" vs. "What's in it for me?"

Truth 1-----2-----3-----4-----5-----6-----7-----8-----9-----10 **Falsehood**
TRUTH: Accountable, Reasonable, Accepts Correction, Honest, Sincere
vs.
FALSE: Lies, Deceives, Hides/Secretive/Avoidance, Flatters, Manipulates/Distorts, Excuses, Blames

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EVALUATE the conflict in our home

Spirit-Led vs. Bondage to sin

Merciful 1-----2-----3-----4-----5-----6-----7-----8-----9-----10 **Un-Merciful**
Long-suffering, Forgiving, Empathetic vs. Easily-Offended, Keeping Record of Wrong

Seeks Oneness 1-----2-----3-----4-----5-----6-----7-----8-----9-----10 **Separate/Seeks Self**
"I want what is best for our relationship/us" vs. "I want what is best for me"

if there's a winner and a loser in conflict, then the **RELATIONSHIP** was the real loser.

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Establish the Standard

Step 2:
Establish the Standard
for Healthy Communication in your Home

As parents, we need to establish an

OBJECTIVE STANDARD regarding what is ACCEPTABLE and what is OUT-of-BOUNDS in conflict communication among all family members:

ACTIONS, ATTITUDES, and WORDS

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Establish the Standard

Reasons Parents Have a Hard Time Being Objective about a STANDARD

It is difficult for parents to be objective in creating a STANDARD for conflict communication because

I. We have a **HISTORY**

- a. How we GREW UP (we are both REACTIONARY to and STUCK in these ways)
- b. How we have been WOUNDED (again, REACTIONARY & STUCK)
- c. How we have BEHAVED in the past (past behavior affects our perspective of acceptable behavior today)

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Establish the Standard

Reasons Parents Have a Hard Time Being Objective about a STANDARD

It is difficult for parents to be objective with conflict communication standards because

II. We are attempting to **COMPENSATE** for other factors that affect the child.

- A. Our perception of the other Parent's Application of the Standard, "The other parent is too harsh about the standard, so I need to be extra soft" or "The other parent is too soft on the standard, so I need to make up for it by being tougher."
- B. Our perceived limitations in OURSELF, "I can't hold my kids to honesty because I am not honest, so we will not have that standard"
- C. Special circumstances we have identified in our CHILD. (We need to use **MERCY SEAT PARENTING.**)

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Establish the Standard

Establish the Standard for Healthy Communication in your Home

Since it is difficult for us as parents to be objective, what should we use as our STANDARD for HEALTHY CONFLICT COMMUNICATION in our home?

The Creator of the Family Unit
has given us a standard and a road map for heading toward the standard, the Bible.

*Family Bible Reference Tool for Healthy Conflict Communication

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Establish the Standard

Establish the Standard for Healthy conflict Communication in Your Home

1. TEACH it.
2. CORRECT to it.
3. MODEL it.

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Establish the Standard

Establish the Standard for Healthy conflict Communication in your Home

TEACH it.

- a. Show it in Scripture (Study it together, Listen to it together, Roleplay it together).
- b. Pray about it together (Ask God to help you all to move toward His standard for healthy communication).
- c. Praise one another when we see each other displaying healthy communication.

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Establish the Standard

Establish the Standard for Healthy conflict Communication in your Home

2. CORRECT to it.

- Reproof - when you see unhealthy communication, remind them of the standard and give them specific "re-do" training. Rarely remind with words only, and keep words to a minimum. (*Money Jar/Copy Verses/Role-play)
- Punish – give appropriate consequences when violations are persistent.

*I do recommend focusing on ONE NEW TRAIT of HEALTHY COMMUNICATION at a time. For example, start with Truth.

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Mercy Seat Parenting (parenting like the Father)

• Exodus 25:17-22
22 "There, above the cover between the two cherubim that are over the ark of the Testimony, I will meet with you and give you all my commands for the Israelites."

Our Father's Love is an unwavering standard with a calm confidence full of compassion.

It seems that most parents either are overly merciful, not seeing standards as fixed. Or, parents are harsh in spirit as they enforce strict standards. God had strict standards in scripture, but He had a compassionate spirit as He holds fast to those standards. This realization was transforming to me as a parent! God was showing me that while my strict standards were good for my kids, I needed a soft, gentle spirit about those boundaries – a calm confidence full of compassion.




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Establish the Standard

Establish the Standard for Healthy conflict Communication in your Home

3. MODEL it.
Let your children see your personal commitment to moving toward the standard.



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Repairing Past Unhealthy Conflict in your home – both wounds and patterns

Strive Apologize Look, Listen, Leap

We're not ever going to be perfect at healthy communication, but we can

- *STRIVE TOWARD THE STANDARD,
- *APOLOGIZE as we fail,
- *Teaching our kids to LOOK TO CHRIST as the only perfect example
- *Be open to the Holy Spirit's help in molding each of us, both listening and implementing what He says.

Every person falls short of the standard, including every parent. We need to realize that those failures do cause damage to our family and we need to do what we can to REPAIR the damage.

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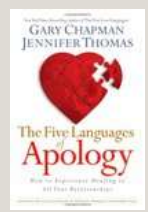
Repairing Past Unhealthy Conflict in your home – both wounds and patterns

Step 3. REPAIRING Past Unhealthy Conflict in Your Home – both Wounds and Patterns.

I. PARENT REPAIR

Seek forgiveness from your children for not **Teaching** them the standard, not **Correcting** to the standard, and not **Modeling** the standard.

If there are large violations to healthy communication by the parent, I would certainly encourage counseling. I also highly recommend the book *Five Languages of Apology* by Gary Chapman and take the online apology profile www.5LoveLanguages.com/profile/apology.



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Repairing Past Unhealthy Conflict in your home – both wounds and patterns

Step 3. REPAIRING Past Unhealthy Conflict in Your Home – both Wounds and Patterns

- As needed, encourage all of the relationships in your family to go through a forgiveness process as well (sibling to sibling, child to parent, parent to parent, parent to child).

Talk to family members individually about both seeking forgiveness and giving forgiveness to begin aiding the healing process.

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REPEAT all the steps continually throughout your life

Appreciate One Another's Unique Qualities that Enhance Our Family

Educate yourselves on and embrace the differences

- *in how you **THINK** (Waffles/Spaghetti), *what you **VALUE** (such as work/fun), *how your brains **PROCESS in CONFLICT** (one person may need time to process the issue before they speak while another family member may need to verbalize in order to process the issue), *your **PERSONALITIES** (such as dominant vs pleaser), *your reasoning and ideas much more!



Help! My Home is Full of Difficult Personalities and One of Them is Mine

Picking out all the **UNIQUE PERSONALITIES** in your family: What makes them **TENSE, SENSE, and BESSON** together in a **Wasteland**. Learning to be **WISDOM & WISDOM**.

As the author, Val Harrison, the **Practically Speaking MOM**, shares her own family's journey to creating a home where everyone is able to connect to the personality of the parent and their child, she offers the various children's personalities. There are no winners and no losers in this world. The challenge is to learn to see the world as it is.

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REPEAT all the steps continually throughout your life

Grace with others, Strict with Self vs. Strict with Others, Grace with Self

Philippians 2:3-15

"Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others. Your attitude should be the same as that of Christ Jesus: ...made himself nothing, taking the very nature of a servant, being made in human likeness... Therefore, my dear friends... continue to work out your salvation with fear and trembling for it is God who works in you to will and to act according to his good purpose. Do everything without complaining or arguing, so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe." (NIV)

Practically Speaking Mom materials are located at the **Cross Seven** booth, including **Clash In Your Clan** packets.

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REPEAT all the steps continually throughout your life

Communication Prayer

Psalms 19:14

"May the **WORDS OF MY MOUTH** and the **THOUGHTS OF MY HEART** be pleasing in your sight, Oh Lord, my Rock and my Redeemer."

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...words of my mouth and meditation of my heart...

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