

# SERMON NOTES

August 6 & 7, 2022

## Be Cool | My Fight

*John 13:34b-35*

1. What part do I play in the conflict? **Judges 9:2a**
  - a. Am I part of the \_\_\_\_\_, or part of the \_\_\_\_\_?
  
2. How do I see the person I have a conflict with? **Judges 9:2a**
  - a. I see people I disagree with as my \_\_\_\_\_ **Proverbs 16:18**
  - b. I see people I disagree with as my \_\_\_\_\_ **Philippians 2:3**
  
3. What strategy do I use to navigate conflict? **Judges 9:2b**
  - a. Do not abuse my \_\_\_\_\_ to influence the conflict. **Psalm 145:18**
  - b. \_\_\_\_\_ my mistakes in conflicts. **John 13:34b - 35**
  
4. What am I fighting for? **Judges 9:7-15**
  - a. Do I want \_\_\_\_\_ or \_\_\_\_\_?
  - b. Do I want to be \_\_\_\_\_ or find a \_\_\_\_\_?
  - c. Fight to see their \_\_\_\_\_.
  
5. Why is it hard to change our focus from fighting for power to fighting for peace? **Judges 9:53-54**
  - a. I am more concerned with how I \_\_\_\_\_ at the expense of what I can \_\_\_\_\_.
  - b. I am operating from my \_\_\_\_\_ to be cool instead of God's capacity to bring peace. **Psalm 1:1-3**

### six Steps Resolving a Conflict and The Physiological Sigh

1. Define the problem.
2. All parties write down how I contribute to the problem.
3. Write down things you have tried but didn't work. (Avoidance & yelling)
4. Brainstorm ideas of ways to solve the problem.
5. Choose one that will be most successful.
6. Specifically, what will YOU do to create the greatest chance for success?.

# Life Steps

**Be Cool:** My Fight | August 6 & 7, 2022  
Judges 9 & John 13:34b-35

## Monday

**Psalm 1:1a**

*Blessed is the person who obeys the law of the Lord.*

**Reflect:** Name a recent conflict you have had with another person or within yourself. Were you able to be cool or did you lose your cool? What did you use to support your role in the conflict? The peace offered to us through Scripture or our own opinion?

**Pray:** Throughout today, recite this passage as your centering prayer.

## Tuesday

**Psalm 1:1b**

*...They don't follow the advice of evil people. They don't make a habit of doing what sinners do.*

**Reflect:** When you experience conflict, do you gather wise people to help you decide a resolution? Or do you gather people who will tell you that you are right?

**Pray:** Throughout today, recite this passage as your centering prayer.

## Wednesday

**Psalm 1: 1c**

*...They don't join those who make fun of the Lord and His law.*

**Reflect:** Who have you known that leads themselves well through conflict? Connect with them this week to discuss their self-leadership.

**Pray:** Throughout today, recite this passage as your centering prayer.

## Thursday

**Psalm 1:2a**

*...Instead, the law of the Lord gives them joy.*

**Reflect:** When facing a conflict, which could be any day, remember to center yourself in God's word so that the peace you seek is already something you carry within you.

**Pray:** Throughout today, recite this passage as your centering prayer.

## Friday

**Psalm 1:2b**

*...They think about His law day and night.*

**Reflect:** Conflicts can be draining. Establish times you will think about or have had a conversation concerning specific conflicts so that you can be available to the ways God wants to renew you.

**Pray:** Throughout today, recite this passage as your centering prayer.

## Saturday

**Psalm 1:3a - b**

*...That kind of person is like a tree that is planted near a stream of water. It always bears its fruit at the right time. Its leaves don't dry up.*

**Reflect:** In a conflict, you can bring gasoline or water. What do you hope to bring to the conflicts you encounter and how do you plan to do it?

**Pray:** Throughout today, recite this passage as your centering prayer.

## Sunday

**Psalm 1:3c**

*Everything godly people do turns out well.*

**Reflect:** Everyone can learn when God is at the center of our conflicts centering us as we fight. Decide what you fight for in the midst of conflict and trust God will make all things new even as things change.

**Pray:** Throughout today, recite the entire passage as your centering prayer.