

WEEK 04

➤ WATCH VIDEO 4

➤ DISCUSS

“For the grace of God has appeared that offers salvation to all people. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.” Titus 2:11-12

As in the previous weeks, we want to remind you that grace equips us to walk in the way of Christ.

- 1) How do you feel about conflict?
- 2) Which is your most common response to conflict: fight, flight, or freeze?

Hud identified *fighting* as being boundary-less with the sole purpose of winning. The Biblical model is to wrestle. Wrestling involves rules, time limits, the proper setting, an equal and ready opponent, and someone to ref. Wrestling exercises the opportunity for challenge to become a win-win situation.

- 3) What effect does fighting have on a relationship versus wrestling?
- 4) What is it about conflict that can cause one relationship to grow and another to struggle?

God’s invitation to engage in healthy conflict (wrestling) extends to all of our relationships, including our relationship with him. A relationship is strongest when two people are willing to press into conflict and let it develop them. It’s a sign of deep care and commitment. The invitation to wrestle with God reinforces his desire for a strong and intimate relationship with us.

Read Genesis 32:24-31

- 5) What stands out to you about this story?
- 6) What are some reasons why people wrestle with God?
- 7) What changes could you make in your life to move away from fighting and towards wrestling?

➤ PRAY

Share one of your takeaways from the last four weeks and ask the Holy Spirit to equip you with grace as you grow in that area.