

# HEALTHY CONFLICTS IN THE FAMILY

*Pride goes before destruction, a haughty spirit before a fall.  
(Proverbs 16:18 NIV)*

**INTRODUCTION:** *We know that in this world when there is interaction between people there will always be disagreements, problems, and difficulties; and the family is not exempt from these conflicts.*

*It is a reality that most of us grew up seeing a model at home of how to solve problems that were not the best. We saw this with our parents, uncles, or close relatives where problems were solved by shouting or intimidating the other person, be it the wife or children, so over time we ourselves made these types of mistakes.*

*Families are being destroyed and the family model fails, not because it was God's will, but because as parents we did not learn how to resolve those differences that exist in every member of the family. But conflicts are not resolved with shouting, or arrogance.*

*So, the first thing to understand is:*

## **1. THAT EVERY MEMBER OF THE FAMILY IS DIFFERENT. *Prov. 16:18***

- Do you know why marriages fail? Because of haughtiness and pride (*Proverbs 16:18*) because we do not know how to resolve conflicts in a healthy way.

- When we resolve a conflict, we must have “Unity in the essential, respect in the differences and love above all things” to not aggravate the problems, because we all think and see things differently.
- One of the values in Eagles CFC is: Healthy relationships, including the family. “We will resolve every situation, quickly, biblically, with respect, with dignity and with grace.” Because even in a family that is united, unresolved conflicts can become a monster.
- Failure can also come if parents do not know the temperament and the way each of their children is wired and vice versa. Everyone has a different way of processing things, and we can't fix problems in the same way for everyone.

## **2. TAKE INTENTIONAL TIME TO RESOLVE CONFLICTS.**

- **Be vulnerable.** Do not keep what we are feeling but express ourselves.
- **Don't yell at each other but respect each other.**
- **Value what everyone feels.**
- **Attack the problem, not the person.**
- **Establish action points.** What are we going to do to prevent the same situation from happening again? What limits need to be established?

**3. PROMOTE A CULTURE OF UNITY.** In unity, conflicts will be avoided or when they arise, they will be resolved more easily and quickly.

Some things that can help foster unity:

- Get into the habit of going out to eat together at least once a week.
- Go on vacation together
- Create traditions together.
- Serve God or serve the community

**CONCLUSION:** *The importance of healthy relationships in the family is fundamental for the well-being of all members. Conflicts and disagreements are inevitable, but it is how those conflicts are managed and resolved that determines the health of family relationships. In short, the key to healthy family relationships is open communication, mutual respect, and a commitment to resolving conflict in a constructive and loving manner.*

**SALVATION PRAYER:** *Lord Jesus, I recognize that I have sinned and that you died for me. Today I repent and ask for forgiveness. I give you my life and my heart so that you can be my Lord and Personal Savior, amen.*

### INTERACTIVE QUESTIONS:

- What problems have you been afraid to solve with your children?
- What problems do you feel are distancing you from your children that you need to resolve?
- What can you do to create more unity and harmony among siblings and with each other?
- What do you think would help you solve problems in a healthy way to apply what you learned today?

### PRACTICAL APPLICATION:

Share among yourselves if you think there are conflicts that have not been resolved in your family and how you can put what you have learned into practice.