



Pre-Mediation Homework Worksheet

NOTE: To help you prepare for your mediation, please read the chapters assigned to you prior to meeting with your reconciler.

Conflict Resolution vs. Reconciliation

After completing Lesson 1 (pages 10-17), write out your answers to questions 2, 3, 4, 6, 7, and 1 (listed below).

2. In spite of your sinful nature, how does your heavenly Father view:
 - a. you?
 - b. the person with whom you are in conflict?
3. In light of how your heavenly Father views you both:
 - a. What is your worth to God?
 - b. What is the other person's worth to God?
4. Review 1 John 3:1. Whose are you? What comfort does your relationship with God give you in the midst of this struggle?
6. Describe what material or substantive issues need to be resolved in your conflict.
7. Identify what relational issues need to be reconciled in your conflict.
1. How have you contributed to this conflict?

Who has been affected by your sinful thoughts, words, or actions?

After completing Lesson 2 (pages 20-37), consider the idols listed in this lesson. Ask yourself the following questions to identify the idols with which you were struggling: 2, 5 (b & c), 8, and 9 (pages 33 and 34). Write out your answers.

2. Pride and arrogance

- a. How are your expectations of the other person magnifying your demands on him/her and your disappointment in his/her failure to meet your desires?
- b. How are you judging the other person when your desires are not met?
- c. How are you getting even with the other person when your desires are not met?
- d. How have you communicated to the other person what you feel he/she must do?
- e. How have you threatened the other person? (“Give me what I want or you will pay!”)

5. Good things that I want too much

- b. What causes you the most worry? How has your anxiety replaced your trust in God?
- c. Fill in this blank: “If only _____, then I would be happy, fulfilled, and secure.” What does this suggest to you about your trust in God for what you desire?

8. What are some of the Commandments you have broken in this conflict? (Compare your thoughts, words, and actions to the explanations of the Ten Commandments.)

9. What hope is there for you? (See 1 John 1:9; Romans 5:8, 15:13; Ephesians 1:7.)

After reading Lesson 3 (pages 40-49), write down answers to questions 1 and 2 for what you think you may be struggling with.

1. Which of the following idols are you guilty of in this situation? (Review the application questions at the end of Lesson 2 if you have not done so.)
 - a. Improper desires for physical pleasure
 - b. Pride and arrogance
 - c. Love of money or material possessions
 - d. Fear of man
 - e. Good things that I want too much

Briefly explain why you marked the answers you did.

2. Besides the individuals with whom you are in conflict, which others are being affected by your thoughts, words, or actions?

Upon completing Lesson 4 (pages 54-64), reflecting on your conflict with the other person, think of a situation where either you or the other person became angry. For your own reference, write down a couple of sentences describing the situation.

Write out answers to questions 1, 2, and 3.

1. If you could go back in time and do anything differently in your encounter with the other person, what would that be? Reflecting on your answer, what have you failed to do as a child of God?
2. Consider whether you have any bitterness against the other person. Read Ephesians 4:26-27. How long have you been angry? How has your bitterness become a foothold for the devil?
3. Reflect on your words in your conflict with the other person. Compare them to Ephesians 4:29-32. What words have you spoken to the other person that were not helpful for building up?

After studying Lesson 5 (pages 68-80), write down what you found most helpful for forgiving others.

Read through Lesson 6 (pages 84-95). Write down your answer for question 3 on page 96.

3. Review 2 Timothy 2:24-26.

What are your responsibilities in helping the person with whom you are in conflict?

What are God's responsibilities and not yours?

Forgiven to Forgive

1. Mark the devotion or prayer that you found most helpful. Write down a couple of notes of why you found it so helpful. Be prepared to share this with your reconciler.