

CONFLICT COACHING IN THE STORM

Philippians 4:4-9

I Introduction – The Storm

Active Listening: <https://www.verywellmind.com/what-is-active-listening-3024343>

Matt 8: 3-27 Calming the sea

Mark 4:35-41 Calming the sea

Luke 8:22-25 Calming the sea

James 4: 1-2 Where do fights come from?

Luke 1:32 Jesus' authority and power

Psalm 121:1-4 Where our help comes from?

2 Tim. 1:7 spirit of fear

1 John 4:18 Perfect love casts out fear

1 John 4:8 God is love

Hebrews 12:1-3 Author and perfecter of our faith

Hebrews 11:1 Faith

Romans 8:14-17 be lead by the spirit

Psalm 91 God is our defender

Deut. 32:35 Vengeance belongs to God

Romans 12:17-19 Vengeance belongs to God

II Rejoice in the Lord

2 Corinthians 10:5 Take your thoughts captive

James 1:2-4 Consider troubles as joy so that you can grow

Philippians 4:4-5

III Prayer and Supplication with Thanksgiving

Philippians 4:6-7

IV Focus on Whatever is Good

Philippians 4:8-9

True, Honorable, Just, Pure, Lovely, Commendable, Excellence, Worthy of Praise

1 John 1:9 Confess our sins

2 Timothy 2:24-26 Attitude toward our opponents

V Connect Them to Jesus, the One with the Power to Calm the Storm

Encourage them to stay in the word

Rejoicing in the opportunity

Pray with thanksgiving

Focus and put into practice what is right and good.

Good homework would be a Gratitude Journal

Conflict Coaching Guideline


1. Start with a prayer and call on the name of Jesus. Jesus calmed the storm.
2. Hear their story, really listening for
 - a. What it is that they are wanting that they are not getting?
 - b. What do they fear?
 - c. Do they really believe that God is in control and will work this out for their good?
3. Ask them what outcome they desire. This will help you create a road map to get them to their destination.
4. Help them see how they typically respond to conflict. Why do you think you respond that way?
5. Help them explore where God is in all of this.
6. Help them see how the other person typically responds to conflict. Why do you think they respond that way?
7. Address the roadblocks and help them remove them. (fear, lack of faith, selfishness) Bottom line, help them put God back on the throne.
8. Provide them tools that will give them confidence that the storm will subside and take the path that will lead them to their destination (desired outcome).
9. Encourage them all the way.
10. Help them reflect on how they got into the storm and help them think of strategies that can help them stay out of that storm or to respond to storms more like Jesus, with assurance of who they are in Christ and that they will not 'perish'.
11. Acknowledge the one who calmed the storm. Rejoice in the victory!
12. Give them some time and then follow up with them to see how they are doing, follow up questions, victories to share.
13. Model Active Listening: <https://www.verywellmind.com/what-is-active-listening-3024343>
14. Share your best practices on the conference forum: <https://www.aorhope.org/forum/student-forum/2020-best-practices-in-reconciliation-ministry-conference>

Conflict coaching in the Storm
 Philipians 4:4-9
 Kim Lufkin
 Certified Christian Conciliator

1

Who am I?

- Born, raised and still live in the DFW area of Texas
- BS degree in Neuroscience from TCU
- Certified Christian Conciliator through the ICC
- Ministry Partner in the Reconciliation Center at the Hills Church in North Richland Hills, Texas
- Science Teacher at Carroll Senior High School in Southlake, TX
- AP Environmental Science Coach for National Math and Science Institute in Dallas, TX
- New grandmother of a 3 month old boy, Mateo



2

I Introduction
 The Storm

3

The Storm

- When a storm arose while Jesus and his disciples were in the boat one day
- Matt 8:23-27 As the storm arose and was raging, filling the boat with water, Jesus was a sleep. The disciples were thinking that this was the end. The disciples woke him saying, 'Save us, Lord; **we are perishing!**'
- Mark 4:35-41 – 'Do you not care that **we are perishing?**'
- Luke 8:22-25 – 'Master, Master, **we are perishing!**' They couldn't believe that Jesus was sleeping through all of this. Doesn't Jesus see that we are going to perish?

4

Listen to their story

What causes quarrels and what causes fights among you? Is it not this, that your **passions** are at war within you? You **desire** and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. **James 4: 1-2**

5

Jesus Response to the Storm

- Matt 8:26 After Jesus calmed the storm, he replied, 'Why are you **afraid**, O you of little **faith**?'
- Mark 4:40 Why are you so **afraid**? Have you still no **faith**?
- Luke 8:25 'Where is your **faith**?'

6

What does Jesus know that they have temporarily forgotten?

He knows who he is, the Son of God.
He knows what his mission is, to bring salvation to the world.
He knows that he will not leave this world until his mission is complete.
He knows that God is sovereign and that he is in control of all things.
He knows that His help comes from the Lord. (Psalm 121:1-4).
These are not just words to Him but truth.

7

Fear

*For God has **not** given us a spirit of fear (cowardice), but of power and of love and of a sound mind. **2 Tim. 1:7***

*There is no fear in love. But **perfect love** drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. **1 John 4:18.***

8

Perfect Love

We know that God is love (**1 John 4: 8**),
Jesus, once made perfect (**Hebrews 5:9**) . . . **Jesus is perfect love!**
The world must learn that I love the father and I do exactly what he has commanded me. (**John 14:31**)
Jesus casts out fear. Jesus casts out demons. There is power in the name of Jesus!
He is the author and perfecter of our **faith**. (**Heb. 12:1-3**)
There is that word again faith.

9

Faith

- *Now faith is the substance of things hoped for, the evidence of things not seen (Hebrews 11:1)*
- You are going to have to believe in what you cannot yet see.
- Let yourself be led by the spirit instead of your flesh. (Romans 8:14-17)

10

How can you take bitterness out of your heart?

- God is our defender (Psalm 91). Do you believe that or do **you** need to defend yourself?
- Whose job is it to judge and punish? Yours . . . or God's? Vengeance belongs to the Lord. Deuteronomy 32:35, Romans 12:17-19. Do you believe that he will avenge you?
- Who do you want to be in control of this situation? You . . . or God? Trust in Him.
- Trust that he is just and able to heal this situation.
- Delight in Him and remember all the things that He has done!

11

Philippians 4:4-9

Rejoice in the Lord always; again I say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me – practice these things, and the god of peace will be with you.

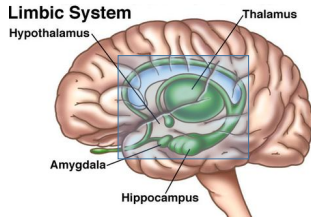
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Rejoice in the Lord!

Rejoice in the Lord always; again I will say rejoice. Let your *reasonableness* be known to everyone. (Phil. 4:4-5).

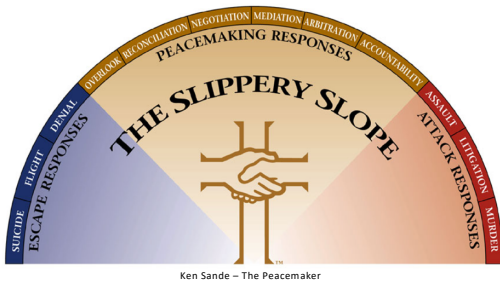
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A Little Neuroscience




2 Corinthians: 10:5 . . . Take every thought captive to obey Christ . . .

14



15


Self Awareness Questions



- Where are you on the Slippery Slope?
- What are you afraid of?
- What is making you so angry?
- What are you trying to control? (Anger is the failure to control people or events.)
- What do you want that you are not getting?

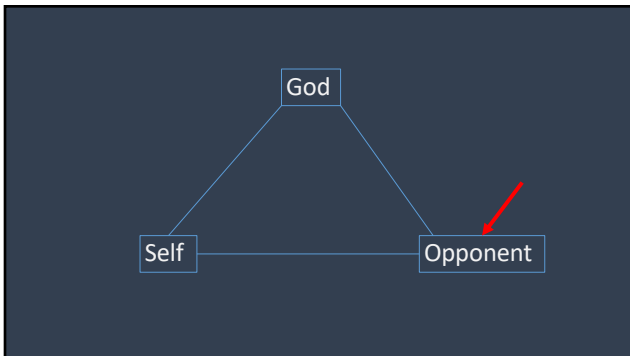
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Where is God in all this?



- Do you think God is punishing you?
- Do you think God has abandoned you?
- Do you think God is training you?
- Do you think God is strengthening you?
- Do you think God is teaching you a lesson?
- Do you think that God has nothing to do with this?

17



18

Seeing the Opponent
with New Eyes



- Where do you think the one you are in conflict with is on the Slippery slope?
- What do you think might be triggering their thoughts and actions?
- Put yourself in their shoes. Are they being unreasonable?
- Could they be responding to hurt?
- Could they be responding out of mistrust, fear?
- What do you think is as the center of their heart? In other words, what do you think they are really wanting you to do/say/admit to?

19

James 1:2-4

Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.

Conflict is an opportunity to grow!

20

III Prayer and Supplication with Thanksgiving

*Do not be anxious for anything, but in everything by **prayer** and supplication with **thanksgiving** let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ. (Phil. 4:6-7)*

21

IV Focus on Whatever is Good

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me – practice these things, and the god of peace will be with you. (Phil 4:8-9)

22

How did the Disciples Respond to Jesus?

- Mathew 8: 27 And the men **marveled**, saying, “What sort of man is this, that even winds and sea obey him?”
- Mark 4:41 And they were filled with **great fear** and said to one another, “Who then is this, that even the wind and the sea obey him?”
- Luke 8:25 He said to them, “Where is your faith?” And they were **afraid and marveled**, saying to one another, “Who then is this, that he commands even winds and water, and they obey him?”

23

V Connect them to Jesus, the One That Calms the Storm!

The key to reconciliation is not giving them advice.
The key to reconciliation is to point them to Jesus.

- ✓ Encourage them to stay in the Word daily
- ✓ Rejoice in the opportunity
- ✓ Pray with Thanksgiving
- ✓ Focus and put into practice what is right and good

24



25
