



May 17, 2026

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Series: "Relationship Rehab: Making Every Relationship Stronger" - Part 2
 Message: "Navigating Relational Conflict"

Text: 1 Peter 3:8-9; James 1:19-20; Ephesians 4:29

Big idea: When conflict is handled God's way, it does not break me; it builds me.

Unhealthy tendencies in conflict

1. _____
2. _____
3. _____

Navigating relational conflict

1. Lead with _____

Be sympathetic = to feel with another person

How to lead with sympathy

- A. _____ to where they are coming from
- B. Be _____ to listen and _____ to speak

2. Act with _____ = stop trying to fix _____ and start trying to fix the _____

Brothers = affectionate friend

How to act with love

- A. Do not _____ the other person
 - B. Keep the tone of my _____
 - C. Avoid _____
 - D. Do not _____ the past
 - E. Do not bring _____ into the situation
3. Practice _____
 4. Engage with _____



Digital Bulletin



Sermon Resources

MY NEXT STEP TODAY IS TO:

- Identify who I am in conflict with.
- How can I start to heal this relationship in view of today's message?
- Identify steps to make my relationships stronger.
- Ask God to reveal where pride, selfishness, or defensiveness may be contributing to relational tension. Humility changes conversations.
- Reach out to a pastor or elder for help navigating conflict.
- Trust and follow Jesus today.