

STRESS BUSTERS

## 5. Stress from Conflict

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1. When in your life and with whom have you had your greatest interpersonal conflict?
2. How do you tend to handle conflict? Give an example if possible.
3. Read [I Corinthians 3:18-23](#) and discuss the following question:
  1. According to vs. 18-23 how can we resolve all divisive conflicts between Christians?
4. Have the group select one of the conflicts identified in the first question and examine it in terms of the following principles.
  1. Who are the participants and how did they conflict begin?
  2. What, in your opinion, is the root problem?
  3. What would an outside observer say is going on?
  4. What resources do you have to deal with the problem?
  5. What is one concrete step that could/should be taken to resolve the conflict?