

Listening Guide: [RESET](#) #5 of 8
January 31, 2021 – 10: 30 a.m.
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“RESET – for Resolving Conflict”



Genesis 25 - 32

This week our church family has been reading together Genesis chapters 25 – 32. A reoccurring theme of CONFLICT arises as we read of Isaac’s family.

In this time of COVID-19 crisis, social unrest & disruption, many times CONFLICTS arise in our families, friendships, & relationships. We need RESET – i.e., a *fresh clearing of pending errors, hurtful events, painful past* to bring us to a healthy condition of peace that God intended.

With our Bibles and hearts open before heaven, let’s observe conflict from the life of Isaac & a wise way to resolve conflict for us today for a RESET.

Let’s OVERVIEW of Conflict Experienced by Isaac & his family:

a) Conflict BETWEEN Isaac’s Sons

22: 22- 26 – Beginning at Birth

25: 27 – 34; 27: 1 – 40 – Continuing with a Birthright sold & Blessing stolen

27: 41 – records the building up of Esau’s anger against Jacob.

33 & 34 – records reconciliation of Esau & Jacob after 20 years – see 33: 10

b) Conflict WITHIN Isaac – See 26: 7 - 10

Notice – the deceptive pattern of Abraham, the father, is now manifest *within* Isaac, the son. (see Abraham’s deceptive pattern in 12: 10 – 20; 20: 1 – 18)

c) **Conflict WITHOUT Isaac** – see **26: 12 – 22** – with Philistine’s herdsmen.

d) **Conflict AMONG Isaac’s Family.**

26: 34 – 35 – Among In-laws

29: 1 – 30 – Among Jacob with Uncle Laban (see also 31: 41)

Notice - 31: 52 – gives insight of *establishing healthy boundaries* for hurtful relationships

Resolving Conflict requires a WISE PROCESS. Let’s use the acronym **A-N-G-E-R** as a helpful reminder of how to resolve inevitable conflicts wisely –

A – ACKNOWLEDGE THE RELATIONSHIP

Recall qualities & memories of the person for which you are grateful.

N – NOTICE THE HURT

Under every Angry emotion, there is an unhealed Hurt.
Be aware of the hurt in you and in one another.

G – GO TO THE PERSON

Avoid being a ‘*stuffer*’ or a ‘*spewer*’ in a conflict.

Become a Peace-maker – [Matthew 5: 23 - 24](#)

E – EXPRESS GODLY SORROW

“*Godly sorrow*” is a humble heart that desires reconciliation with a vulnerable admission of wrong. -(i.e. - Allow [2 Corinthians 7: 9](#) to work in your heart.)

[Ephesians 4: 15, 29](#) – Speaking the truth in love to heal, not hurt.

R – RELEASE BY FORGIVING

Forgiveness is a Choice, a function of our will.

Forgiveness is a Matter of Stewardship – see [Ephesians 4: 32](#)

'WORKING THE WORD' CHALLENGES:

- **DISCUSS with a Partner / Group** – *“As you reflect on reading through Genesis, what accounts of conflict have you observed? Which ones of these conflicts were resolved? Which conflicts were not resolved?”*
- **ENCOUNTER JESUS** – Reflect on the person of the Living Lord Jesus speaking to you His Word in **Matthew 5:23–24** *“So if you are offering your gift on the altar, and there you remember that your brother or sister has something against you, ^{leave} your gift there in front of the altar. First go and be reconciled with your brother or sister, and then come and offer your gift.”* Respond to Jesus by doing His words by writing out a prayer.
- Pastor Michael used an **acronym of A-N-G-E-R** in to begin the process of wisely resolving conflict. **WRITE DOWN** on a card for review and prayerfully **PRACTICE** as you encounter conflict this week.
- **READ** daily one chapter of Genesis with your church family. **REFLECT & RESPOND** by writing down what God is teaching you. **SHARE** what you’re learning with a partner / group. This week we are reading [Genesis chapters 32 – 39](#).