



WEEK 6 DEVOTIONAL

THE RED ZONE | Repairing a Torn Relationship

RECEIVE

Take some time to reflect on **Matthew 5:21–26** and **James 1:19–26**. Read the passages slowly, thoughtfully, prayerfully. Read it in such a way that you believe the Holy Spirit is trying to speak to you through it. After you have done this, journal your conversation to God as to what captures your attention in these passages.

REFLECT

1. Consider for a moment the way you typically come at conflicts in your key relationships. When you are “seeing red,” do you tend to...
 - Retreat** – I become passive
 - Engage** – I become assertive
 - Destroy** – I become aggressive
2. Why do you think you tend to take the approach you do? What are the benefits and costs to this approach?

3. The Bible recommends the following six steps as ways of preparing for a constructive ENGAGEMENT with someone with whom we are experiencing conflict...

- Wait till the temperature is cooler (James 1:19–20)
- Ask for a convenient time to talk (Ecclesiastes 3:1)
- Decide you won't try to rehash past issues (1 Corinthians 13:5)
- Be willing to make changes yourself (Proverbs 29:23)
- Refrain from taking any cheap shots (Ephesians 4:29)
- Wrap the conversation in prayer (1 Peter 4:11)

Which of these do you find easiest to do and why?

Which is hardest and what do you sense is the reason for that?

RESPOND

4. The message also recommended a set of steps for speaking in a way that will enable the other person to truly listen. Think of a person to whom you want to speak the truth in love (Ephesians 4:15) around a particular issue. What words or phrases would allow you to:

- RELATE what you perceive the behavior of the other has been...
- REVEAL what the practical and emotional consequences have been...
- REQUEST what you hope the other will do differently going forward...

SCRIPTURE

Matthew 5:21–26 | New International Version

²¹ You have heard that it was said to the people long ago, 'You shall not murder, and anyone who murders will be subject to judgment.'

²² But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, 'Raca, is answerable to the court. And anyone who says 'You fool!' will be in danger of the fire of hell.

²³ Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you. ²⁴ leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

²⁵ "Settle matters quickly with your adversary who is taking you to court. Do it while you are still together on the way, or your adversary may hand you over to the judge, and the judge may hand you over to the officer, and you may be thrown into prison. ²⁶ Truly I tell you, you will not get out until you have paid the last penny.

James 1:19–26 | New International Version

¹⁹ My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, ²⁰ because human anger does not produce the righteousness that God desires. ²¹ Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.

²² Do not merely listen to the word, and so deceive yourselves. Do what it says. ²³ "Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror ²⁴ and, after looking at himself, goes away and immediately forgets what he looks like. ²⁵ But whoever looks intently into the perfect law that gives freedom, and continues in it – not forgetting what they have heard, but doing it – they will be blessed in what they do.

²⁶ Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless.