

# insomnia

Week 2 Devotion

## **Stop - Identify - Surrender**

Tim reminded us today of this simple process. It really does work during those anxious and fearful periods of our lives. It also works when we are in conflict or criticized.

Here's what's true, we all have conflict in our lives. Here's another truth, it's inevitable. Last week Tim reminded us that we are either in a storm, coming out of a storm or about to enter a storm. The same is true with conflict and criticism. If you are not in conflict you soon will be. If you haven't received any criticism, get ready because it's coming. But the best way to resolve conflict and respond to criticism is in a way that honors God and protects our relationships.

## **Discussion Questions**

1. How would you describe yourself when it comes to conflict: an Avoider, a Spewer, or a Worrier? Would other people agree?
  
2. How often do you ask yourself, "What part am I playing in this conflict?" A lot of us don't realize that it's our words, our mood, our defensiveness, or off-putting language that's the source of conflict. How can you become more self-aware of the role you play in conflict?
  
3. Read James 1:19-20 and Proverbs 15:1. How quick are you to get angry or criticize? How could a gentle answer change a tense situation?
  
4. Read Romans 12:14-21. In his message, Tim talked about three ways to respond to criticism and deal with conflict in a way that honors God: live at peace, never repay evil for evil, and leave room for God to work. Which one do you find hardest to do? Why?

## **Challenge**

This week, think of 1-2 practical steps you can take to start applying all three of the above responses to your life. Then, put them into practice as conflict arises. Pray that God would help you handle conflict and criticism in a way that honors him.

## **Commit to Memory**

Do all that you can to live in peace with everyone. Romans 12:18