

More often than not, our source of stress and anxiety boils down to one thing ... another person! Conflict with others has a way of consuming our thoughts and directing our emotions. To press on through conflict requires a change in thinking. In this study we will discuss what changes we need to make as individuals in order to respond correctly in conflict.

1. What conflicts have you found yourself in the middle of? How did they affect your mindset and emotions?

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“Let your reasonableness be known to everyone.”  
- Philippians 4:5a (ESV)

2. **Read Philippians 4:4-5.** Why is it so important to choose to be reasonable in conflict and why can it be so hard? How does this choice help you to press on through conflict and represent God well?
3. **Read Philippians 4:6-7 and Psalm 55:21-23.** What is the difference between worry and prayer? How do each of these affect your reaction to conflict?

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“... if there is anything worthy of praise, think about these things.”  
- Philippians 4:8b (ESV)

