

FAMILY CONFLICTS

Calvary Temple Family Seminar

Definition of Conflict

Greek: **Agon** – struggle, contest, conflict (Colossians 2:1)

Hebrew: **Madon** – strife, quarrel (Proverbs 17:14)

Hebrew: **Riv** – dispute, contention (Genesis 13:7)

Conflict: a struggle that can be spiritual, relational, or physical

Types of Conflicts

Conflict Type	Primary Realm of Struggle	Core Issue	Biblical Examples	Family Examples
Spiritual	The heart, soul, and unseen realm	Disobedience to God (Sin)	Ananias and Sapphira Temptation of Jesus	A rebellious child A demon possessed family member
Relational	Interpersonal connections	Differences, pride, and offence between people	The dispute between Paul and Barnabas.	Wife snubbing husband
Physical	The body and material world	Illness, resource lack, or bodily harm	Suffering from a serious sickness or physical injury.	Unemployment or a sick member of the family

Causes of Conflicts (Bible)

Selfishness & Pride (James 4:1-2)

Unmet Expectations (Genesis 30:1-2 Rachel & Jacob)

Jealousy & Favoritism (Genesis 37:4 – Joseph's brothers) (James 4:1-2)

Poor Communication (Proverbs 15:1)

Money/Resources (Genesis 13:7 – Abram & Lot's herdsmen)

Disobedience/Sin (Hebrews 10:26-27)

Causes of Conflict (World)

Primary Conflict Area	Core Issues Involved
1. Financial Stress / Money	Disagreements over budgeting, debt, saving, spending habits, and unexpected expenses. For extended families, this often includes conflict over inheritance, paying for aging parents' care, or fairness in resource allocation.
2. Communication Issues	Lack of open, honest communication; miscommunication; not feeling heard or validated; and the use of hostile or passive-aggressive language. <u>This is often cited as the most severe issue for couples.</u>
3. Differences in Values, Beliefs, and Priorities	Clashes over religious or political views, long-term life goals, different ideas about how the family should spend time, or a lack of respect for another member's values.
4. Parenting Styles / Child Rearing	Disagreements between parents on discipline, setting rules, educational choices, and managing children's behavior (e.g., technology use, chores).
5. Roles and Responsibilities	Unequal division of household chores, caregiving tasks (especially for elderly parents), or professional/family balance, which leads to resentment and a feeling of unfairness.

Consequences of Conflicts

1. Emotional and Psychological Impact

- a. Stress and Anxiety
- b. Low Self-Esteem
- c. Emotional Withdrawal

2. Damage to the Family Unit and Relationships

- a. Erosion of Trust and Intimacy
- b. Formation of Cliques and Alliances
- c. Physical Distance (Estrangement)

Consequences of Unresolved Conflicts

1. 3. Negative Impact on Children

- a. Behavioural Problems
- b. Difficulty Forming Healthy Relationships
- c. Poor Academic Performance

4. Physical Health Consequences

- a. Weakened Immune System
- b. Increased Risk of Chronic Disease
- c. Somatic Symptoms (real to the person experiencing them but are often disproportionate to or not explained by a medical condition)

Avoiding Conflicts

1. 1. Set clear priorities

- a. Prioritise spiritual alignment (spiritual health impacts relational health)
- b. Prioritise husband and wife relationship
- c. Prioritise your family (family roles and family order are important)

2. Set clear boundaries in family morals and values

- a. Set clear moral parameters
- b. Determine the values you will hold on too (education, traditions, be a good neighbour, good health etc)
- c, Spend money within the boundaries

Avoiding Conflicts

3. Learn and practice good parenting skills (being church officials does not automate into good parents)

a. Be intentional in your parenting styles

4. Learn and practice good communication skills

RESOLVING CONFLICTS

Conflicts remain conflicts until they are resolved

Healthy Families Resolve Conflicts

(Romans 12:18)

1. Resolving conflict strengthens bonds and deepens trust

- a. Teaches “relationship is more valuable than whining”
- b. Shows commitment making a safe and secure environment

2. Teaches Essential Life Skills

- a. Models crucial communication and emotional intelligence skills
- b. Teaches how to manage strong emotions, listen actively, compromise, and problem-solve

3. Creates a Peaceful, Predictable Home

- a. Reduces stress and anxiety for everyone
- b. Allows time and energy for positive matters

Resolving Conflicts...Recommendations

1. Manage Yourself First (Before You Talk) (Proverbs 15:1; 14:29)

- a. Regulate Emotions (Take a Time-Out); agree to revisit the discussion later
- b. Be ready to admit
- c. Identify the Core Issue
- d. Focus on the Problem, Not the Person

2. Practice Healthy Communication (Proverbs 16:24)

- a. Use "I" Statements and be honest
- b. Avoid "You..." and "You always..."
- c. Stick to One Topic

Resolving Conflicts

3. Work Toward a Solution (Romans 12:18)

- a. Validate the Other's Perspective (Empathy)
- b. Brainstorm Solutions Together (Us/We against the problem)
- c. Be Willing to Compromise (win-win situation)
- d. Create a Plan and Stick to It

4. When dealing with a child (Proverbs 13:24)

- a. Give the explanation for your stand
- b. Be firm and be consistent
- c. Apply appropriate discipline if necessary

Resolving Conflicts

5. Seek a third Party if necessary

- a. Seek Godly advice
- b. Agree to do so.

6. Seek Forgiveness and Restitution prayerfully (Luke 19:8)

7. Time is of essence – as early as possible

Conflicts Offer Opportunities for Growth

1. Romans 5:3–4 (NLT)

"We can rejoice, too, **when we run into problems and trials**, for we know that they help us develop endurance. And **endurance develops strength of character, and character strengthens our confident hope of salvation.**"

2. James 1:2–4 (NLT)

"Dear brothers and sisters, **when troubles of any kind come your way**, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, **for when your endurance is fully developed, you will be perfect and complete, needing nothing.**"

**God Bless You All
and Your Families**