

IT'S ME—REAL RELATIONSHIPS | Part 1

GROUP DISCUSSION GUIDE
Pastor Jacob Howell – 08.10.2025

"It's Not You, It's Me: Navigating Conflict in Relationships"

Summary:

- Have you ever said or heard, "It's Not You, It's Me"? We explored the challenging topic of conflict in relationships. Pastor emphasized that conflict is a natural part of every real relationship, but how we handle it can make all the difference. The sermon delved into biblical principles for managing conflict, highlighting the importance of self-reflection, listening, and extending grace. It reminded us that the source of conflict often lies within ourselves, not others, and that by applying God's wisdom, we can nurture healthier, more Christ-like relationships.

Key Takeaways:

1. Conflict is a normal part of real relationships.
2. Our own internal desires often contribute to conflicts.
3. Responding thoughtfully instead of reacting impulsively can help manage conflicts.
4. Focusing on the good rather than the negative aspects of others improves relationships.
5. Processing conflicts through communication is crucial for healthy relationships.

Discussion Questions:

1. *Pastor Jacob mentions, "anything God unites, the enemy works to divide." How have you seen this play out in your relationships?*
2. *Reflect on James 1:19: "Everyone should be quick to listen, slow to speak, and slow to become angry." How might applying this verse change your approach to conflicts?*
3. *How do you typically handle opposing traits or habits in your close relationships? Do you tend to focus more on the "good" or the "gross"?*
4. *Pastor Jacob stated, "Grace isn't fair." How does understanding God's grace towards us impact how we extend grace to others in conflicts?*
5. *Discuss the concept of "It's not you, it's me." How can taking responsibility for our part in conflicts change the dynamic of our relationships?*

Practical Applications:

1. Practice the "Stop before you speak" principle this week. When you feel a reaction coming on, pause and consider if you're responding or reacting.
2. Make a list of the "good" qualities of someone you're in conflict with or struggling to get along with. Focus on these qualities when interacting with them.
3. If you're holding onto past hurts or keeping a "war historian" mentality in any relationship, commit to letting go of one past grievance this week.
4. Practice saying "I'm sorry" or "I missed it" in a situation where you might normally defend yourself.
5. Reflect on how God's grace has impacted your life. Write down ways you can extend that same grace to others, especially in difficult relationships.

Closing Prayer:

Close the session by praying for God's wisdom and grace in navigating conflicts, and for the ability to focus on the good in our relationships.