

# VALIDATE!

## FACILITATORS GUIDE

Meeting # 7: *Chapter 6 – Withdrawal or Conflict Avoidance*

### AGENDA: (Suggested times)

10 min. *Arrive early.*

10 min. *Engage each participant as they arrive.*

5 min. *Settle into group, PRAY*

### MOST IMPORTANT ISSUE TONIGHT:

It helps to clarify for everyone that when anger begins to escalate, conflict avoidance is sure to follow. It is not wrong to withdraw, nor is it sinful. It just promotes unresolved conflict and is an unhealthy response to conflict.

Avoidance is also often a fear response. It takes guts, spiritual power as it were to focus on the upset in another and not the voices going on in our own head. When tempted to retreat - die to self, surrender to Christ and walk in faith. Take a faith step toward the person and stay engaged.

Prayer is also important at this moment. Pray God will empower you to be Christ-like in the moment and respond with His grace and mercy.

Begin to Validate! This shifts the conversation from a self- protective path to an others focused path and that helps you to stay objective.

20 min. *Conversation Starter* – Use one of the following video's

#### Mad about Marriage:

- Watch: <https://www.youtube.com/watch?v=z2ppdIxCIAg>

#### Everybody loves Raymond: Play Dead!

- Watch: <https://www.youtube.com/watch?v=iY-nAOxh8uY>

#### Discuss overall content:

- What impacted you the most from Steps 1-4 (W-I-S-D)?
  - Scripture – Pick one passage that personally spoke to you and emphasize it each week. Relate it to life and the study.
  - Book Chapter 6?
  - Any insights from Step 4 (your response)?

55 min. *Group Study:* Discuss Step 5 (O).

Read the questions and encourage participation by everyone.

10 min. *Have the group complete Step 6 (M).*

## VALIDATE!

5 min.      Take time to pray for the individuals and couples in your group.

20 min.      We are done, but please stick around for a few minutes if you can and get to know someone better.

Record any significant comments, questions, prayer requests, follow-up here:

1.

2.

3.

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