

Anatomy of Peace

After reading *Anatomy of Peace*, help the group process through the larger points of the text:

Introduction:

1. What were your biggest aha moments in the text?
2. Which ideas seemed disagreeable?
3. How were you convicted by the book?

Conflict Begins:

Relationships: the way in which two or more concepts, objects, or people are connected

What's missing from this definition?

Can you think of any relationships that do not fit with this description?

In the church we are tempted to think that disagreements are wrong. They're not. They're natural. On the other hand:

Conflict starts "when we exaggerate difference"

Behind our positions are interests

Using two chairs, turn them back to back. How might this represent our conflict?

Thinking through some conflicts you're currently experiencing, or recently experienced, what are some interests that you might be able to identify?

How did these conflicting interests disguise themselves?

"Do all that you can to live in peace with everyone." – Romans 12:18 (NLT)

How might Paul be calling us to live with a Heart at Peace?

What are the qualities of a Heart at Peace that encourages harmony?

Conflict Persists:

There is a Cycle of War & Peace. The book refers to it as Collusion. Walk through the four events that complete the cycle.

1. They Do
2. I See
3. I Do
4. They See

“We know what real love is because Jesus gave up his life for us. So we also ought to give up our lives for our brothers and sisters.” – 1 John 3:16 (NLT)

John describes Jesus’ sacrificial love in terms we’ve heard before.
What other scriptures do you hear echoed in this passage?

How might this kind of love be able to break the Cycle?

Conflict Awareness:

We all have tendencies in how we view the world. It’s not exclusive, but reviewing the Common-Carry Box Styles, in which box do you most often find yourself?

Dividing the room into four corners, one representing each of the Common-Carry Box Styles, go to your appropriate corner.

In your corner, discuss with one other person why this style best describes you?

(allow 5 minutes for conversation, then ask the pairs to share their thoughts with the whole group – nothing personal/confidential)

Now discuss with your partner one or two things you wish others would understand about your Common-Carry Box Style?

(allow 5 minutes for conversation, then ask the pairs to share their thoughts with the whole group – nothing personal/confidential)

Finally, discuss with your partner, which of the other Common-Carry Box Styles are most confusing to you and why?

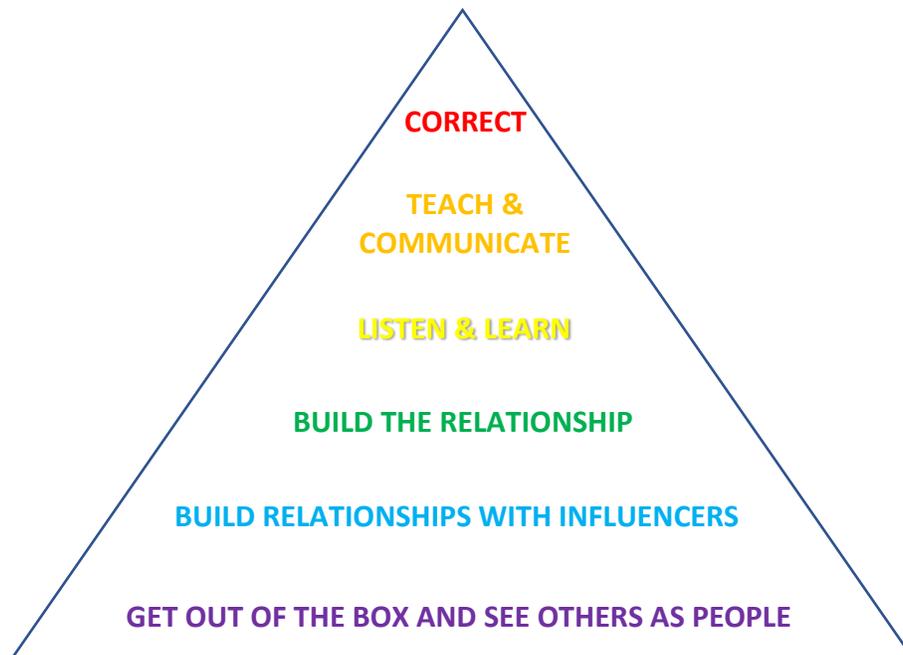
(allow 5 minutes for conversation, then ask the pairs to share their thoughts with the whole group – nothing personal/confidential)

Conflict Resolution:

The goal of every conflict is to find peace. Have you ever found yourself in the middle of a meeting or conversation and you heard someone say the “dumbest thing in the world!” What was your instant reaction? What did you want to do? Find that response on the pyramid below. How would your response have most likely been received? If you were to dig a little deeper and invest a little more in the relationship, how might you have moved down the pyramid?

Peacemaking Pyramid – “most wars are cold, rather than hot.”

The goal is to dig down one step to get to a healthier resolution for conflict. What are some of the differences you notice moving from one level to the next? (some ideas: time investment, patience, humility, and seeing others as people not things)



This sort of thing does not tend to come naturally to people and we have to be intentional about our next steps. To “get out of the box” we need the following:

Action Steps: cultivate skills of self-awareness, correction, and accountability.

What are the challenges to finding these skills in your life?

What are some things you can do to cultivate these skills?

Finally, how can you help others help you develop these skills?

Close with prayer and consider setting a follow up conversation to track your progress.