



Episode 2 Show Notes - Benefits of Conflict

What comes to your mind when you think of conflict? You may not initially think something positive. In this episode, Tim and Elaine Russo will discuss the benefits of conflict. Those of you who choose to persevere through conflict will receive the reward on the other side of it. Someone said it like this: "Conflict paves the pathway to intimacy." Conflict is inevitable. And, the way we respond to it will determine whether we benefit from it or not.

Conflict defined: Define Conflict - A clash...of ideas, personalities, priorities, people, etc.

Biblical Concept/Passages

Ephesians 4:3 - *Make every effort to keep the unity of the Spirit through the bond of peace.*

Romans 12:18 - *If it is possible, as far as it depends on you, live at peace with everyone.*

James 3:2 - *For in many things we all offend. If any man offend not in word, the same is a perfect man and able also to bridle the whole body (NKJV).*

Summary

Here are some of the benefits that we have talked about:

1. Conflict can bring growth to our lives. We can be better.
2. You can learn things about yourself (like what's important to you or what you really believe) as you go through a conflict.
3. You can learn about the other person in a conflict when you approach it healthily.
4. You can learn to appreciate differences in that other person.

Resources

Book: [Wisdom Hunter](#) by Randall Arthur.

Book: [Authenticity](#) by Bill Hybles

Action Steps

- Download our show notes
- Take some time on your own to review the passages we covered and
- Leave a comment

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