

Questions for Reflection and Discussion

Obadiah 1 (select verses)

Date: October 29, 2023 **Message:** Toxic Conflict and Its Cure

Series: God Speaks **Scripture:** Obadiah 1 (select verses)

The history of the conflict:

The current state of the conflict:

How to end toxic conflict:

1. From your perspective, what is the difference between good conflict and toxic/high conflict? How do you know when you've crossed from one to the other?
2. When we see those we care about engaging in toxic conflict with others, how can we help?
3. When have you felt 1) joy over the demise of an enemy, 2) that their total ruin was the only way forward, or 3) that you couldn't acknowledge anything good about your enemy?
4. What helped you get out of that? Or are you still in it?
5. What are some of the reasons we can feel justified engaging in toxic conflicts with our enemies?
6. How can the cross help us drop those justifications and move toward peace with any opponent?