

# rare relationships



**Return to Joy Quickly**

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**Big Idea:** Joy must be present in a relationship before the conflict, during the conflict, and after the conflict in order for the relationship to be healthy.

You have to have joy in the relationship \_\_\_\_\_ conflict arises, so you have a foundation to come back to.

\_\_\_\_\_ together

Spend time \_\_\_\_\_

Have \_\_\_\_\_ together

Joy \_\_\_\_\_ the conflict

Anger is a reaction to \_\_\_\_\_ and \_\_\_\_\_

Emotions are \_\_\_\_\_ God

Conflict happens when \_\_\_\_\_ desires or opinions don't align with \_\_\_\_\_ desires or opinions.

## **Colossians 3:15**

Allow Jesus' peace to \_\_\_\_\_ the conflict

Referees give us:

Clear \_\_\_\_\_ (Colossians 3:12-13a)

A clear \_\_\_\_\_ (Colossians 3:13b)

Someone to call the \_\_\_\_\_

Joy \_\_\_\_\_ the conflict

Returning to joy takes \_\_\_\_\_ and \_\_\_\_\_

## **VCR**

\_\_\_\_\_ : the emotion is real, even if I don't agree with it

\_\_\_\_\_ : meet at the emotion, maintain the relationship, then look for a solution

\_\_\_\_\_ : re-engage the relationship, get back to the joy, and continue to build