

HOW'S YOUR GUT HEALTH?

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Sequim Community Church | Dr. Scott Koenigsaecker

INTRODUCTION:

- A. Have you noticed that relational conflict causes your gut to churn?
- B. ***If someone says, 'I love God' but hates a Christian brother or sister, that person is a liar; for if we don't love people we can see, how can we love God, whom we cannot see? And He has given us this command: Those who love God must also love their Christian brothers and sisters.*** — I John 4:20-21
- ...try to do good to each other and to all people.*** — I Thessalonians 5:14
- "God blesses those who work for peace, for they will be called children of God."***
— Matthew 5:9

I. WHY WE SHOULD BE WORKING TOWARDS PEACE

- A. Because unresolved conflicts interfere with our connection with God.
- And He has given us this command....*** — I John 4:21
- "So, if you are presenting a sacrifice at the alter in the Temple...leave your sacrifice there at the altar. Go and be reconciled to that person then come and offer your sacrifice to God."*** — Matthew 5:23-24
- B. Because unresolved conflict impacts our connection with others.
- The Lord's servants must not quarrel but must be kind to everyone.*** — 2 Timothy 2:24
- C. Because unresolved conflict interrupts our happiness.
- "You are only hurting yourself with your anger."*** — Job 18:4

II. THE MAKINGS OF A HARMONY HAMBURGER.

- A. Start with a large top bun.
- Set up a time and place to talk.
"Go and be reconciled...." — Matthew 5:24
 - Invite them to share their perspective and feelings.
None of you should think only of your own affairs, but consider other people's interests also. — Philippians 2:4
- B. Now get to the meat of the meeting.
- Address the key issues. Don't attack them, attack the problem.
Do not use harmful words, but only helpful words, the kind that build up and provide what is needed. — Ephesians 4:29
 - Extend (receive) forgiveness when it's called for. Embrace change.
Do everything possible on your part to live at peace with everyone. — Romans 12:18
- C. The bottom bun should taste hopeful.
- Focus on reconciliation not resolution.
God has reconciled us to Himself through Christ and gives us the ministry of reconciliation. — 2 Corinthians 5:18

CONCLUSION: