

# Central Study Hour Sabbath School Lesson Notes for *Family Seasons*

## Lesson 10: Little Times of Trouble

SABBATH AFTERNOON

Little times of trouble can affect family life, and sometimes they are not little.

Share highlights from the first paragraph. Note it starts with minor issues and moves to major issues.

(2<sup>nd</sup> paragraph) Shares biblical counsel to love one another & live in peace, but that is easier said than done.

*How do we keep little conflicts from escalating into big conflicts, and how do we resolve any type of conflict so that our marriages and families can maintain a healthy bond?*

SUNDAY: DEALING WITH CONFLICT

**Read Matthew 7:5.** This passage is from the “Sermon on the Mount” which gives good principles for Christian and family living. *What important principles in this verse can help us avoid conflict with others?* Jesus seems to be advising us not to get picky and be faultfinding with other while ignoring our own faults. That’s hypocritical.

[The Teachers’ Comments (p. 133) has helpful concepts for dealing with a misuse of Jesus’ words in Matt. 7:1, “Judge not, that ye be not judged.” John 7:24 and *Thoughts from the Mount of Blessing*, pages 123-129, are vital for a complete and balanced view on what we can’t judge and what we must judge.]

**Read Proverbs 19:11.** *What important principle from this verse will help us to avoid conflict with others?* Every fault does not require exposure. In fact, discretion, and even silence may be commendable (one’s “glory”).

Share highlights from the narrative. There are some helpful tips for handling conflict.

MONDAY: SOME PRINCIPLES FOR MARRIAGE

Share highlights from the first paragraph.

**Read Ephesians 1:7.** *What crucial principle is found here that must be part of any marriage and family?* God has forgiven us. We need to have that same attitude toward our spouse, sibling(s), or parents.

Share the key point of the middle paragraph.

**Cite Romans 3:23.** *What crucial principle is found here?* Our expectations must be realistic. You have married a damaged human being with a sinful nature. Don’t expect your spouse to be flawless. Otherwise you will always be disappointed. Maybe we need to forgive our spouse for not being perfect. We need it ourselves.

Share highlights from the last paragraph of the narrative.

TUESDAY: THE ROLE OF ANGER IN CONFLICT

Read the opening paragraph.

**Read Ephesians 4:26-27.** *What good advice is here for one who is angry at another family member?*

Apparently, we may feel anger as an emotion, but we must not let it become sinful. And, we must not let anger carry over through the night to another day.

*What’s the difference between anger as an emotion and anger that is a sin?* Ephesians 4:26 says we can be angry without sinning, but if we are honest, we must admit that isn’t so easy. But it is possible to have an angry emotion and still have Spirit-controlled actions. For example, we can be angry that one of our children has been cruel to his/her sibling, but we can still correct that child as a loving parent (maybe we’ll need our own time out to pray first to make sure of our surrender to God).

**Read James 1:19-20.** This counsel is especially needed when dealing with family members whose actions and attitudes and words make us angry.

Read the next paragraph (“If you are angry...).

Share highlights from the remainder of the narrative.

Read the box and question at the bottom of the page. We do have a choice. If we surrender our will to God, He will give us the power of self-control, even love and compassion instead of anger!

#### WEDNESDAY: CONFLICT, ABUSE, POWER, AND CONTROL

Read the first paragraph.

**Read 1 John 4:7-8.** *What crucial teaching about relationships is found in these two verses? Love one another! According to these verses, why should we not take this principle lightly?* Being loving is what proves that you know God...because God is love. He that doesn't love proves that he doesn't know God (see 1 John 4:11 also).

**Read Colossians 3:19.** The Greek word that was translated as “bitter” means ongoing mistreatment.

Share highlights from the remainder of the narrative.

Read the box and question at the bottom of the page. It should be obvious. Real love never abuses, manipulates, or controls others.

#### THURSDAY: FORGIVENESS AND PEACE

**Cite the “Golden Rule” (Matthew 7:12).** There was a suggestion in the quarterly. *Did any of you write down ways in which you need to apply the golden rule principle?* Here's one for a married man. I like it when my wife takes care of things around the house, so...that means I need to help her with things because she'll like that...especially if it is unexpected. It's not rocket science! If it was a class it would be called. “How to be a good Husband 101.”

Share highlights from the remainder of the narrative.

Ask the question from the box at the bottom. *If God has been so merciful and compassionate towards me, who am I to withhold it from another person?*

#### CONCLUSION

The question at the bottom of Thursday's page is a good close.

Another option: Use the quotations from the Adventist Home on Friday's page to contrast the inconsistencies that make a mess of family life (points from **AH** 314-315) with the better choices of intentionally nourishing and cherishing application of principles for a happy home (**AH** 195 – 1<sup>st</sup> half of quote).