

# Conflict Transformation Workshop

A Sample 7-Hour (Saturday) Introductory Workshop  
on Conflict and Communication in the Church

led by mediator and trainer, Ted Lewis

- 9:00 Introduction: A Biblical Perspective on Conflict Transformation  
9:15 Conflict as Obstacle vs. Conflict as Opportunity  
9:30 Types of Conflicts in the Old and New Testaments  
    Exercise: Finding Ourselves in the Gospel Stories (in pairs)  
10:00 Sources of Conflict and Responses to Conflict  
    Exercise: Finding Ourselves in the Book of Proverbs (with journals)
- 10:30 BREAK
- 10:45 Communication Patterns in our Responses to Conflict  
    Exercise: Identifying our Conflict Response Styles  
11:15 Resistance to Change and the Power of Humility  
11:30 Exercise: Groups prepare and perform 3-minute illustration of styles
- 12:00 LUNCH (on site together)
- 1:00 Healthy Communication and the Christ Virtues  
    Exercise: Unity Passages in the Epistles (small groups; reporting back)  
1:45 Peacemaking Communication Skills: The Art of Serving Others  
    Tools for Dealing with Button-Pushing People  
    Exercise: Journaling on Mulling vs. Mindfulness
- 2:45 BREAK
- 3:00 Congregational Conflict and Practices of Reconciliation  
    Exercise: "I feel powerless when..." (in pairs)  
3:30 The Shape of Apology and Forgiveness  
    Exercise: Sharing a time of giving or receiving an apology (in pairs)  
4:00 Church Practices for Reconciliation and Conflict Transformation  
    (Overview of processes for reconciling, for problem-solving, for healing)  
4:15 Closing Time: Journaling and Group Circle Process (end at 5:00)

*Note: Participants will be asked at times to do some personal journaling in provided notebooks. There will be no expectation for personal writings to be shared with others. A master set of pages on presentation content and exercises can be copied beforehand.*