

If conflict rocks your family, don't feel alone. Even incredible families have challenges. Take, for instance, the Parr family. In the new movie *Incredibles 2*, tensions rise when the Parrs have to deal with their current family situation. They have to live where they don't want to live, Dad has to change his family role, Mom has leave the family for work, and siblings Violet and Dash have to figure out how to get along and live with the limitations forced on them. Even baby brother Jack-Jack adds to the drama. The superhero Parrs work through all the challenges, but in real life, family conflict is usually much more complicated. Research shows that parents sometimes favor one child over another, siblings often don't get along, relatives fight, marriages break up, and, unfortunately, some members are truly abusive to others in the family. People who study families all agree, however, that learning to forgive your family and yourself is critical to having a good life.

## Think About It . . .

- What are some reasons why families experience conflict?
- Why is family conflict often complicated?

# THE BEAT

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Lesson 4



Article and activity by Rebecca Haynes Mott

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## Family Feuds

Have students quickly brainstorm five possible reasons for family feuds (conflicts). Write these on the board. Get group consensus on which conflict might be the easiest to deal with; underline it. Decide which conflict is the least important; circle it. Draw a box around the conflict that would be most difficult to deal with. Have students name feelings one might have when faced with the difficult challenge. Write the feeling words on the board and draw lines from the box to each feeling. **SAY: Let's dig into God's Word to learn what happened to a family in Old Testament times that dealt with a lot of conflict.**

In what situation will you choose to forgive a family member this week?