Sermon Notes November 16, 2025



Emotionally Healthy Conflict (Ch. 7)

John 8:1-11

- 1. Jesus Stays Non-Anxious in an Anxious Moment John 8:3-6a
- 2. Jesus Chooses Response Over Reaction John 8:6b-7
- 3. Jesus Speaks Truth as Light John 8:7-9
- 4. Jesus Restores Without Excusing Sin (Dignity + Grace +Truth)
 John 8:10-11

HOPE SHOT: When we are willing to let the Holy Spirit handle the conflict within us, we will begin to handle conflict with others as Jesus did.

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TAKE IT WITH YOU

Characteristics of emotionally mature adults:

- 1. They Respect Others—Even When in Conflict Jesus refuses to dehumanize anyone—victim or accuser.
- 2. They Clarify Expectations, Speak Honestly, and Listen Before Reacting Jesus stays grounded, calm, and clear.
- 3. They Hold Tension with Spiritual Maturity
 Grace and truth aren't opposites—they're two sides
 of love.

PRACTICAL STEPS TO TAKE:

- 1. Ask: What's happening *in me* right now? Emotion precedes reaction; name it before it leads you.
- 2. Slow down your response. Create space for grace.
- 3. Choose clarity over winning. Speak truth gently and directly.
- 4. Lead with dignity.
 See people the way Jesus saw the woman—made in God's image.
- 5. Keep grace and truth together.
 Never sacrifice one for the other.