



Rock Point Church  
Bill Bush | 10.08.2023

**BIG IDEA | Don't let disagreements *DISTRACT* and *DESTROY*.**

**Acts 15:36-41 (NLT)**

<sup>36</sup> Sometime later Paul said to Barnabas, “Let us go back and visit the believers in all the towns where we preached the word of the Lord and see how they are doing.” <sup>37</sup> Barnabas wanted to take John, also called Mark, with them, <sup>38</sup> but Paul did not think it wise to take him, because he had deserted them in Pamphylia and had not continued with them in the work. <sup>39</sup> They had such a sharp disagreement that they parted company. Barnabas took Mark and sailed for Cyprus, <sup>40</sup> but Paul chose Silas and left, commended by the believers to the grace of the Lord. <sup>41</sup> He went through Syria and Cilicia, strengthening the churches.

**The Fear Cycle:**

***I Hurt --> I Want --> I Fear--> I React***

**How to deal with disagreement:**

***STOP* and identify my feelings.**

***CALIBRATE* my personal responsibility and emotions.**

**Ask yourself:**

- **What did I do to cause these feelings?**
- **Am I mind reading?**
- **Did I misunderstand him/her?**
- **Did I draw the wrong conclusion or have unrealistic expectations?**
- **Am I judging myself?**

***LISTEN* to God's word.**

### ***GROUP DISCUSSION***

*1. What stood out to you about this week's sermon?*

*2. Have you ever had a disagreement where the emotion and intensity didn't match what you were arguing about? Why do we sometimes struggle with figuring out what is really frustrating us?*

*3. Read Acts 15:36-41. How could the dispute between Barnabus and Paul have distracted them from the mission for the church?*

*4. Pastor Bill talked about the Fear Cycle and how it affects our disagreements. How have you seen this to be true? Why can we get so caught up in the fear cycle?*

*5. How do disagreements get in the way of what we are supposed to be doing as a church? Where have you seen disagreements distract from what God's mission was?*

6. *How might God use you if you refused to allow disagreements to distract and destroy from God's mission?*