



First Presbyterian Church  
Texarkana, Arkansas

# FPC Youth News!

**September** 2010

## CONFLICT

*Overcoming Stress in Your Relationships*

Over the past several weeks, FPC Youth have talked about conflict. We viewed videos of teens talking about real issues, and we shared our own. We studied scripture to look for guidance in how to internally handle conflict, and how to outwardly respond to it. One thing we learned is that conflict is unavoidable. We cannot control other people's actions or reactions, but we *can* control how we react to them. It is okay to feel anger, but we don't have to react *in* anger.

We discovered that one of our main struggles is how to *not* respond to conflict (particularly in this world of instant communication). We realized that there is some sort of internal need for "permission" not to respond it all. Texting, instant messaging, facebook, MySpace, and other mediums of communication have created conversational atmospheres that have no down-time. The need exists for a very conscious decision to step away from (or remove your thumbs from) the conversation before firing back a response without discernment. Think of it this way: If you weren't constantly connected to others via technology, you would have time to cool off, calm down, think about, and step away from the situation. If you feel that you **MUST** be connected at all times, realize that this ***does not obligate you to participate in any of the conversations or posts occurring on your cell phone or social site.*** Look back to our study of Romans 12-14, particularly Romans 13:8. In this passage, Paul extends and intensifies the concept of obligation. We are obliged to expand and perfect the giving of love. Love is not an added duty, but a motivating power that frees us and helps us to serve with our whole heart and our whole spirit. Perhaps the most loving thing you can do in some situations, is not acknowledge them. When we participate in the drama, feed the fires, and hurt people for the sake of hurting them, we are not acting out of love, but *reacting* to the actions of another. Free yourself by listening to God. Create a game plan for how you will handle conflict. If someone sends you an inflammatory text or instant message, STOP before you respond. Have a plan of action for what you will do to give yourself time to reflect on the situation and decide how you will respond (if at all. Choose to use your time wisely and )in a manner that exhibits your Christian beliefs. Can't come up with a game plan? Call me. If anything else, I talk so much it will give you time to cool off!

- Ms. Jane

Look at the chart and say the **COLOUR** not the word

YELLOW	BLUE	ORANGE
BLACK	RED	GREEN
PURPLE	YELLOW	RED
ORANGE	GREEN	BLACK
BLUE	RED	PURPLE
GREEN	BLUE	ORANGE

**Left - Right Conflict**

Your right brain tries to say the colour but your left brain insists on reading the word.



### CLAIRE NORTON INSPIRE TO HELP VERA LLOYD TEENS

After participating in the mission work weekend at Vera Lloyd Homes in Monticello (see pictures below), Claire was inspired to gather clothes for the kids that live there. Not just any clothes, but age-appropriate "teen" clothes. Our mission group helped organize the clothes closet on this trip, and Claire noticed that most styles and items available were more mature styles, or let's just go ahead and say it - "grandma clothes". Claire came home and cleaned out her own closet and has inspired us to do the same. Her mission is to provide some really cute, gently worn, in-style clothing for the Vera Lloyd Youth. We have also obtained all of the sizes of clothing and shoes for the current residents, and hope to obtain donations towards buying each resident something brand-new, just for them! We plan on bargain shopping at TJ Maxx, Ross, and Old Navy. Join Claire and the youth and help us with our "teen" clothing drive for Vera Lloyd Homes!



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IT WAS OBVIOUS HE WAS GOING TO HAVE TO STEP IT UP