THEME: **BUILDING A GOD CENTERED HOME**
TOPIC: **TIME, PEACE & CONFLICT MANAGEMENT PART I**
TEXT: **ECCLESISTES 3:1, ROMANS 1:18, COLOSSIANS 3:15, AMOS 3:3**

INTRODUCTION – "Creating an Atmosphere of Rest" **– Psalm 127:1**
The home is God's first institution and remains the primary environment where faith, character, love, and values are nurtured. In a world marked by busyness, distractions, increasing pressures, and broken relationships, God calls His people to build homes that reflect His presence, purpose, and peace. A God-centred home does not happen by chance; it is intentionally built through daily commitment to God's Word, prayer, mutual love, wise stewardship of time, and healthy relationships.

One of the greatest challenges facing families today is the erosion of quality time together and the inability to manage conflicts in a healthy and biblical manner. When family members become emotionally distant or allow unresolved issues to linger, unity is weakened and peace is threatened. Yet God has provided clear principles that enable families to cultivate strong relationships, maintain harmony, and create an atmosphere where every member can thrive.

Our study on **"Building a God-Centred Home: Time, Peace & Conflict Management"**, examines the importance of intentional presence, effective communication, peaceful relationships, and biblical conflict resolution. As we explore God's Word, may we discover practical ways to strengthen our homes and create environments where Christ reigns, love flourishes, and future generations are positively impacted.

LESSON 1: TIME & PRESENCE IN THE HOME

Foundation Truth

- Love thrives where presence exists.
- One of the greatest gifts family members can give each other is not money, gifts, or possessions, but their time and attention.
- Many homes suffer not from lack of love but from lack of meaningful connection. Relationships cannot grow without intentional investment.
- Just as a garden needs regular watering, family relationships need regular attention.

Why Time Matters in Building a God-Centred Home

1. Time Builds Connection
Strong families are built through shared moments and experiences.
2. Time Creates Trust
Children and spouses feel valued when they receive consistent attention.
3. Time Strengthens Communication
Quality conversations build understanding and reduce misunderstandings.
4. Time Creates Lasting Memories
Family experiences become foundations for emotional and spiritual stability.

Practical Ways to Invest Time

- Family Meals
- Shared meals provide opportunities to communicate, share experiences, and strengthen family bonds.
- Date Nights
- Married couples should intentionally nurture their relationship through regular quality time.
- Family Vacations

- Planned moments away from routine help create shared memories.
- Prayer Moments
- Praying together strengthens both spiritual and emotional connections.
- Shared Activities
- Family games, projects, outings, Bible study, and community service foster unity.

Signs of Emotional Absence
A person can be physically present but emotionally unavailable.

Common Warning Signs
- Constant distraction
- Excessive phone or screen use
- Lack of meaningful conversations
- Isolation from family activities
- Emotional detachment
- Lack of interest in family concerns

Consequences of Emotional Absence
- Weak relationships
- Misunderstandings
- Loneliness
- Emotional insecurity
- Spiritual disconnection

Reflection Questions
1. How much intentional time does your family spend together weekly?
2. What distractions are affecting family relationships?
3. How can each family member become more emotionally available?

LESSON 2: PEACE & CONFLICT MANAGEMENT
Foundation Truth:
- Conflict is inevitable. Destruction is optional.
- Every family experiences disagreements. Different personalities, opinions, expectations, and experiences make conflict unavoidable.
- The problem is not conflict itself. The problem is how conflict is handled.
- Healthy families resolve conflicts biblically and grow stronger through them.

Understanding Conflict
1. Conflict often reveals underlying issues that need attention, healing, or communication.
2. God desires peace, reconciliation, and restoration within the home.

Common Causes of Conflict
1. **Pride –** Pride prevents humility, apology, and reconciliation. **Proverbs 13:10** "Only by pride cometh contention..."
2**. Miscommunication** – Many conflicts occur because people assume rather than communicate.
3. **Financial Stress –** Money-related pressures frequently create tension within families.
4. **Unmet Expectations** – Unspoken expectations often lead to disappointment and frustration.
5. **Emotional Immaturity** – Poor emotional control can escalate simple disagreements into major conflicts.

Discussion Exercise
Identify which of the above causes most commonly affects families today.

CONCLUSION
As we have learned, quality time strengthens relationships, emotional presence deepens connection, and biblical conflict resolution preserves unity. When peace is intentionally cultivated through kindness, forgiveness, patience, worship, and prayer, the home becomes a place of refuge, security, and spiritual growth. Such homes not only bless those who live within them but also become powerful testimonies of God's grace to the world around them.
Let us therefore make a fresh commitment to honour God in our families. May our homes be places where Christ is exalted, love is demonstrated, peace reigns continually, and future generations are equipped to serve the Lord.

A God-centred home is built when God's presence guides our priorities, God's peace governs our relationships, and God's wisdom directs our decisions.