

Conflict Resolution

Facing a conflict in your life? Don't know exactly how to resolve it? Use these steps to be a peace-maker and relationship-healer!

Important:

- Never force someone to walk through these steps with you. Wait until they're ready to work through the conflict.
- As you pray (during step #1 below), the Lord might show you that you simply need to repent to the other person (see step #4) and leave it at that. If that is the case, be obedient and resist the temptation to force each of the other steps.

- 1. Choose to have the right heart attitude and motives.**
 - a. Take some time, if necessary, to calm down and settle your emotions.
 - b. Take inventory of the motives of your heart. (**Ephesians 4:1-2**)
 - c. Consider, "As I correctly deal with this situation, what is the goal, or what will I accomplish?" (**Ephesians 4:3**)
 - d. Do not take too long on this step – remember that *silence is always perceived as negative*. (**Matthew 5:23-24**)
- 2. Go to the person, one-on-one (Matthew 18:15-17)**
 - a. Don't first share that information with others (except a leader in your life) – say no to gossip!
 - b. Share the problem without attacking the person (use "I" statements instead of "you" statements)
- 3. Listen to the other person's perspective with an open heart and mind.**
 - a. Verbally summarize what you hear them say and ask for confirmation or clarification.
- 4. Repent for your part in the conflict.**
 - a. *Truly* repent. Don't turn your apology into an attack - "I'm sorry for what I did, *but you...*" (If you attack the other person, you will not resolve the conflict, but only add another layer to it.)
 - b. Don't *expect* the other person to repent. You can only control *you*. (**Matthew 7:3-5**)
- 5. Brainstorm together for ways to handle the conflict.**
- 6. Agree on a solution to try.**