

NAVIGATING CONFLICT

Practical Faith – Part 8

TWO PEACEMAKING SKILLS:

- Learn how to **DEESCALATE** a conflict.
- Learn how to **RECONCILE** a relationship.

“Those who are peacemakers will plant seeds of peace and they will reap a harvest of goodness.” James 3:18

“Blessed are the peacemakers. They will be called the children of God.” Matthew 5:9

- Peacemaking is not **AVOIDING** or **APPEASING**.

TOP 10 PRACTICAL STEPS TO DEESCALATE A CONFLICT:

#1: LOWER my voice.

“A gentle response will calm a person's anger, but harsh words stir up intense fury.” Proverbs 15:1

KEY OBSERVATION #1: The more I **RAISE** my voice, the more I **LOWER** my intelligence

“The quiet words of a wise person are more effective than the shouting of a leader of fools.” Ecclesiastes 9:17

#2: Breathe and **SLOW DOWN** the pace of your speaking.

“A fool gives full vent to his anger, but by biding his time, the wise man calms it down.” Proverbs 29:11

#3: LISTEN more than talk.

“Be quick to listen, slow to speak, and slow to get angry.” James 1:19

“Arrogant know-it-alls stir up discord, but wise men and women listen to each other's counsel.” Proverbs 13:10

#4: Listen for the **HURT** behind the words.

“Each heart knows its own bitterness...” Proverbs 14:10

#5: PRAY while listening.

“Gideon built an altar for worshiping the Lord and he called it, ‘The Lord Calms Our Fears.’” Judges 6:24

#6: Seek to understand **BEFORE** seeking to be understood.

“A person who answers without listening first is foolish and disgraceful.” Proverbs 18:13

#7: Try to see their **PERSPECTIVE**.

“4 Each of you should look not only to your own interests, but also to the interests of others. 5 Your attitude should be the same as that of Christ Jesus.” Philippians 2:4-5

#8: Ask God to give me a clear picture of **MYSELF**.

“23 Search me, O God and examine my heart; test me and know my nervous thoughts. 24 Point out anything in me that is wrong. Then lead me on the path that is always right.” Psalm 139:23-24

#9: OWN your part of the conflict and take responsibility for your part.

“3 Why do you notice the little piece of dust in your friend's eye, but you don't notice the big piece of wood in your own eye? 5...First, take the wood out of your own eye. Then you will see clearly to take the dust out of your friend's eye.” Matthew 7:3, 5

#10: CHOOSE my words carefully.

“Reckless words pierce like a sword, but the tongue of the wise brings healing.” Proverbs 12:18

“If it is possible, as far as it depends on you, live at peace with everyone.” Romans 12:18

FOOLISH PEOPLE: CONTINUALLY behave in ways that hurt themselves or hurt others.

KEY OBSERVATION #2: Foolish people are toxic, and their irresponsibility causes **COLLATERAL** damage in their own life and yours.

- **HEALTHY BOUNDARY:** Is a **LINE** that you must draw when you're in a relationship that is toxic.

- **BOUNDARIES:** Are the lines that **DEFINE** what depends on you.

“Carry each other’s burdens, and in this way, you will fulfill the law of Christ.” Galatians 6:2

BURDEN: Anything that is **TOO BIG** for one person to carry alone.

“3 If anyone thinks they’re something when they’re not, they deceive themselves. 4 And so each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else. 5 For each one should carry their own load...” Galatians 6:3-5a

LOAD: Whatever that’s been **GIVEN TO US** to carry.

“6...Carry each other’s burdens...” Galatians 6:6

- **KEY TRUTH #1:** When we **FEEL** responsible for carrying one another’s load, we **ROB** them of experiencing the **OUTCOMES** of their decisions.
- **KEY TRUTH #2:** **UNCONDITIONAL** love necessitates **CONDITIONAL** help.
- **KEY TRUTH #3:** One of the best words in establishing boundaries is the word **NO**.

“If it is possible, as far as it depends on you, live at peace with everyone.” Romans 12:18

BOTTOM LINE: You will never **PASSIVELY** find what you do not **ACTIVELY** pursue.