

HOW TO REMAIN AGREEABLE DURING DISAGREEMENT

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Conflict is inevitable. Combat is optional.

When two people share a life, a home, a ministry, or a workspace, they bring different backgrounds, expectations, and inner wounds to the table. The friction is completely natural. We are human. But the destruction that often follows a disagreement is a choice. We have to learn how to hold our convictions without tearing down the people standing across from us.

PROVERBS 15:1 NIV

A gentle answer turns away wrath, but a harsh word stirs up anger.

Here is how we navigate the tension of disagreement while maintaining authentic partnership and guarding our hearts against bitterness.

1. REGULATE YOUR EMOTIONS BEFORE YOU RESPOND

When an argument heats up, the first thing we lose is our emotional regulation. We stop listening to understand and we start listening to reload. We begin reacting out of our compounded losses, our exhaustion, and our unhealed inner wounds. You are no longer fighting about the unpaid bill or the scheduling conflict; you are fighting about the time you felt invisible ten years ago.

We need the Holy Spirit to act as our internal therapist in these moments. We have to practice co-regulation—bringing a calm, grounded presence to a

chaotic situation rather than matching the dysfunction in the room. When you surrender your emotional life to the Holy Spirit, He gives you the power to pause before you speak.

JAMES 1:19-20 NIV

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.

Closing Statement: Your initial reaction in a heated moment is rarely the voice of wisdom; it is almost always the echo of an old wound.

2. SEPARATE THE PROBLEM FROM THE PARTNER

Disagreements turn disagreeable when we stop attacking the issue and start attacking the person's character. We see this even in scripture. Paul and Barnabas were spiritual giants, yet they had a sharp disagreement over John Mark. The tension was real. They ended up parting ways for a season to do ministry separately, but you never see them assassinating one another's character in their letters. They disagreed on a staffing decision, but they did not destroy each other's identity.

To disagree well, you must view the other person as your partner, not your enemy. You are two people sitting on the same side of the table, looking at a problem on the other side. When you weaponize someone's past or attack their self-worth to win a point, you are tearing up the very foundation you are supposed to be building on.

EPHESIANS 4:29 NIV

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Closing Statement: You can win the argument and still lose

the relationship, which means you actually lost everything.

3. YIELD YOUR NEED TO BE RIGHT TO THE HOLY SPIRIT

Many of us would rather be right than be reconciled. We hold onto offense because it makes us feel powerful, but bitterness is a terrible substitute for intimacy. Disagreeing without being disagreeable requires a profound level of humility. It means you trust God's sovereignty over the situation more than you trust your own ability to force someone into agreement.

This is the tension between your head and your heart. Your head demands validation. Your heart needs peace. The Holy Spirit bridges that gap, giving you the grace to speak the truth firmly, but wrap it in undeniable love.

ROMANS 12:18 NIV

If it is possible, as far as it depends on you, live at peace with everyone.

Quote: "Love is not affectionate feeling, but a steady wish for the loved person's ultimate good as far as it can be obtained." - C.S. Lewis

Closing Statement: The evidence of the Holy Spirit in your life is not just how loud you can shout on Sunday, but how softly you can speak in the middle of a conflict on Tuesday.

Self-Assessment Questions

When I am challenged or corrected, do I respond to the issue at hand, or do I immediately get defensive and bring up the past?

Is my goal in an argument to find a solution, or is my goal to prove that I am smarter and more spiritual than the other person?

Am I relying on the Holy Spirit to help me regulate my emotions, or am I letting my unhealed wounds dictate my reactions?

Prayer Points

Grace for the Pause

Holy Spirit, give me the discipline to pause before I speak. Do not let my mouth outrun Your wisdom.

Help me to regulate my emotions and bring peace into tense rooms rather than adding to the chaos.

Healing for Inner Wounds

Lord, reveal the hidden wounds and compounded losses that cause me to react poorly in conflict. Heal the places in my heart where I feel invisible or unvalued, so I stop bleeding on people who did not cut me.

Wisdom for Authentic Partnership

Father, teach me how to attack the problem without attacking the person. Give me the humility to seek reconciliation over simply needing to be right. Guard my mouth, guard my heart, and keep bitterness