STEPS TO CONFLICT RESOLUTION

AM I IN CONFLICT?
Romans 12:18

How to determine if you are in conflict?

- Has someone sinned against me?
- Has someone broken my trust?
- Have I spoken poorly about someone else?
- Am I actively avoiding someone else?

CAN I OVERLOOK IT?
Proverbs 19:11

Can you try to privately overlook the offense, forgive and move on?

When to NOT overlook an offense:

- If the offense dishonors God.
- If the offense broke a relationship.
- If the offense is hurting others.
- If the offense hurts the offender.

WHAT IS MY PART TO OWN?
Matthew 7:3-5

Blame rarely lies 100% on one party.

- What have I done to contribute to the conflict?
- Own and appologize for your side of the conflict.

(Ways to navigate an apology located on reverse side.)

HOW DO I SEEK RECONCILIATION?
Matthew 18:15-17

Gently point out another's part in the conflict and attempt to make amends.

- Use steps from Matthew 18.
- If they chose to listen and repent, your responsibility is to forgive.

STONEHILL CHURCH

NAVIGATING AN APOLOGY

1. Admit what you did wrong.
Acknowledge the harm that you caused without justifying or downplaying your actions.

2. Apologize.
Tell them you are sorry for what you did and intend to not do it again.Be specific.

3. Ask for forgiveness.
Say the words, "Will you forgive me?"

4. Accept the consequences.
Do what you can do to make things right. Apologizing does not mean that the other party will forgive or simply move on.

FORGIVENESS IS NOT

1. Excusing.
There is no excuse for sin. God will make sure it is paid for.

2. Denial.
Do not pretend you are not hurt. Bring your pain to God.

3. Feeling.
Forgiveness is a decision you make no matter how you feel.

4. Forgetting.
To forgive you must remember the offense, God's justice, the cross, and your own forgiveness.

5. Trust.
Forgiveness is a gift. Trust is earned.

6. Optional.
God commands us to forgive. Refusing to forgive is rebelling against God.

7. Reconciliation.
Reconciliation takes action from both sides; forgiveness is between you and God.