

## *Session 4: Conflict Resolution*

### **What will motivate us to resolve for conflict?**

*“As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit— just as you were called to one hope when you were called— one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all.” Ephesians 4:1–6, NIV*

*“And since we have been made right in God’s sight by the blood of Christ, he will certainly save us from God’s condemnation. For since our friendship with God was restored (reconciled) by the death of his Son while we were still his enemies, we will certainly be saved through the life of his Son. So now we can rejoice in our wonderful new relationship with God because our Lord Jesus Christ has made us friends of God.” Romans 5:9–11, NLT*

*“For Christ himself has brought peace to us. He united Jews and Gentiles into one people when, in his own body on the cross, he broke down the wall of hostility that separated us. He did this by ending the system of law with its commandments and regulations. He made peace between Jews and Gentiles by creating in himself one new people from the two groups. Together as one body, Christ reconciled both groups to God by means of his death on the cross, and our hostility toward each other was put to death.” Ephesians 2:14–16, NLT*

# Couple's Project

## CONFLICT RESOLUTION: CONFESSION AND FORGIVENESS

A suggested format for experiencing confession with God AND others.

*"Confess your sins to each other and pray  
for each other so that you may be healed."*

James 5:16, NLT

*"And the King will say, 'I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were  
doing it to me'"*

Matthew 25:40, NLT

**One of the ways I have hurt you is...** (*State specifically what you did or didn't do*)

**I was wrong to treat you this way because...** (*"I was wrong" is better than "I'm sorry." It is also good to express more about why it was wrong.*)

**You must have felt ...** \_\_\_\_\_ (*Express your understanding of how your wrong affected the other person; this is empathy—tuning in to the other's feelings.*)

**And I feel** \_\_\_\_\_ **for you.** (*This is comfort and Godly sorrow! "Godly sorrow brings repentance... but worldly sorrow brings death." 2 Cor. 7:10*)

At this point it is usually good to ask, *"I really want to make sure that I understand how I have hurt you.....Is there anything else you would like to tell me about this particular hurt? I really want to understand..."*

Listen and receive whatever is shared with you. Then comfort the sadness and hurt even more, and additionally confess as needed. It is very important that the one you hurt experiences that you understand and care about how you caused the hurt.

Every conflict that involves hurt should end with this question being asked sincerely:

"Will you forgive me?"