

6 STEPS TO RESOLVING CONFLICT



• STEP 1 ~ Is it Really a Problem?

- ◆ Am I Assuming Wrong Motives?
- ◆ Can I Cover It With Grace & Forgiveness?

“Bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.” Colossians 3:13



• STEP 2 ~ Take The Plank From My Own Eye

- ◆ Am I recognizing my own faults in my husband?
- ◆ Did I have a part in this in being selfishness, prideful, resentful, etc?
- ◆ Could I have avoided this by explaining better or not assuming?
- ◆ Did I have unrealistic expectations?

“Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck from your brother’s eye.” Matthew 7:5

• STEP 3 ~ The Proper Who, When, & Where

- ◆ Who ~ You and your husband alone.
- ◆ When ~ Neither of you are busy or angry, and have time.
- ◆ Where ~ Quiet place with no distractions or interruptions.

“Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother.” Matthew 18:15

• STEP 4 ~ What To Say and How To Say It

- ◆ Admit your part if need be.
- ◆ Start with a word of praise.
- ◆ Do not make accusations ~ Explain the problem his actions caused.
- ◆ Give an example.
- ◆ Do not accepted unwarranted blame ~ Each responsible for your own actions.

“Anxiety in the heart of man causes depression, But a good word makes it glad.” Proverbs 12:25

• STEP 5 ~ What Not To Do ~ Any kind of Retaliation

- ◆ Silent Treatment ~ Withholding Intimacy ~ Harboring Resentment

“Repay no one evil for evil. Have regard for good things in the sight of all men.” Romans 12:17

• STEP 6 ~ The Goal

- ◆ Reconciliation ~ A return to oneness
- ◆ Learn from it and make any necessary changes

“Now we exhort you, brethren, warn those who are unruly; comfort the fainthearted, uphold the weak, be patient with all.” 1 Thessalonians 5:14

