

RESOLVING CONFLICT

1 Timothy 4:7-8 "...train yourself to be Godly. ⁸ For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

1st AID KIT

INITIATOR'S – KIT (Tekening van dude met kit wat met iemand anders praat.)

1. REMEMBER WHO THE ENEMY IS

Ephesians 6:12 ¹²For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

Ok, so we have a conflict situation.

- You have hurt me, you said something, did something ...
- Neglected to do something ...

So, who is the enemy?

- That is pretty obvious. YOUR ARE!!!!

That is not what Paul is saying ...

¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

My fight is not with you, but against the dark forces of evil ...

- That is standing behind you.
- **Our** view of Satan (getekende dude met vurk)
- **Real** view of Satan (visious picture attached)

He is the Accuser! (Rev. 12:10)

- He is the Father of Lies! (John 8:44)
- And his number one goal is to destroy relationships.

Garden of Eden - He steps in, says his piece and then steps out.

He is the enemy.

- And if you and I are in conflict ...
- He should be our common enemy!

Your Spouse is NOT the ENEMY!

- Your parents are not the enemy.
- The people in your family group is not the enemy.

The Temptation will always be to make People the Enemy!

- When you do, Satan has Won and your relationships have Lost!

2. BE SELF-CONTROLLED & ALERT

1 Peter 5:8 ⁸Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

Satan is going from Relationship to Relationship ...

- Friendship to friendship, Marriage to marriage ...
- Family group to family group ...
- Looking for People who are not Self-Controlled and Alert.

Looking for people with a short fuse and who easily give into their emotions.

We tend to do one of two things when we feel hurt by someone.

1. Through all Christlikeness out the door and just go for it.
 - I just need to get it of my Heart.
 - That is just who I am!
 - It might be who you are, but it is not who Jesus is.
 - And if you do that Satan has you right where he wants you.

'A fool gives full vent to his anger, but a wise man keeps himself under control.'

Proverbs 29:11

2. Process it for days, weeks even months
 - Suddenly you gain Clarity.
 - Now what has taken you months to process ...
 - You are going to give to the other person in 5 minutes.
 - And they better GET IT!!!

“...take captive every thought to make it obedient to Christ.” 2 Cor. 10:5

I have never taken one of those two paths where it has worked out.

3. GET A GODLY PERSPECTIVE

Psalm 127:1 ¹Unless the Lord builds the house, its builders labor in vain. Unless the Lord watches over the city, the watchmen stand guard in vain.

Take your problem to God 1st!

- First Wrestle it out with Him.
- Don't deal with Stuff in the Heat of the Moment, unless UR calm.

Let him Help you Get some Godly Perspective.

- Perspective on Yourself
- Perspective on the Situation
- Perspective on your Spouse ...

Psalm 103:12–14 ¹²as far as the east is from the west, so far has he removed our transgressions from us. ¹³As a father has compassion on his children, so the Lord has compassion on those who fear him; ¹⁴for he knows how we are formed, he remembers that we are dust.

If you have a Bad Track Record,

- Run it by other Godly Folk with a Good Track Record.

4. COMMUNICATE YOUR FEELINGS IN A LOVING WAY

Colossians 4:6 'Let your conversation be always full of grace...'

...

1 Corinthians 13:4–8 ⁴Love is patient, love is kind... it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs... It always protects, always trusts, always hopes, always perseveres. Love never fails.

What does that look like?

Make it as Easy to Hear Possible.

- Communicate Feelings as Feelings, not as Facts.
- Be Gracious.

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Example

- Lisa Drag feet to get into car.
- Unloving Response...
- Loving Response...

Think & Pray through WHAT you want to say

- And HOW you want to say it.

Run it through the Filter

- Is it Patient, Kind, Humble...

So, in a nutshell ...

INITIATOR KIT

1. Remember who the Enemy is.
2. Be Self-controlled and Alert
3. Get a Godly Perspective
4. Communicate it in a Loving Way.

RESPONDER'S – KIT

Getekende mannekie reverse

Now let's assume that someone didn't consult their Kit

- Before bring up something with you.

1. REMEMBER WHO THE ENEMY IS

Ephesians 6:12 ¹²For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

Although the other person might be acting like Satan.

- They are not the ENEMY!

- And you have to Remember that.
- It is their emotions talking.

You have to Fight for OBJECTIVITY!

- This is so easy for me to see when I am helping others.
- And so hard for me to see when I go through it myself.

2. HUMBLE YOURSELF

Philippians 2:5–8 ⁵In your relationships with one another, have the same mindset as Christ Jesus: ⁶Who, being in very nature God, did not consider equality with God something to be used to his own advantage; ⁷rather, he made himself nothing by taking the very nature of a servant, being made in human likeness.

Jesus gave up his Right and Emptied himself out.

- And took on the Nature of a Slave.

When someone brings up something with you.

- You are going to have to Humble yourself.
- You are going to have to make yourself Nothing.
- Empty yourself out!

This is not a Time to bring up Your Issues!

- OR even the way that they are Bringing up their Issue with you.

This is not going to come Naturally.

- You will have to Fight for it.

Bite your Tongue, Pray!!!

- Do whatever it takes.

3. SEEK TO UNDERSTAND

Proverbs 20:5 'The purposes of a man's heart are deep waters, but a man of understanding draws them out.'

One of the Biggest things with Conflict

- Is that we Feel a Need to be Heard.
- And when we are not Heard
- We are just going to Increase the Intensity or Volume!

Put yourself in the Persons shoes.

- Their Context, their Perspective, their Feelings, their World.

Understanding is not about who is Right or Wrong.

- It is about validating people's Feelings.
- Look past the Emotion, the Accusations.
- Past the Exact words and phrases used.
- You are simply trying to Understand & Empathize.

Proverbs 16:24 Pleasant words are a honeycomb, sweet to the soul and healing to the bones

EXAMPLE

How do you know if you are truly Understanding?

- Ask the other One?
- Here is what I hear you Saying...

4. BRING ABOUT HEALING

How do I bring about Healing?

- This is not the End of it.
- Need to go and think about it.
- Pray about it.
- Ask others.
- Ask your Spouse.

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- The other person needs to see you Fight for it.
- Study it, Read about it, Get Advice on it.
- CHANGE!!!!!!!!!!!!!!

So, in a nutshell ...

RESPONDER'S KIT

1. Remember who the Enemy is.
2. Humble Yourself
3. Seek to Understand

4. Bring about Healing.

HOMEWORK

- What should be in your Kit.