

Conflict Resolution

What you do to resolve a conflict:	How can we do the same with God?
<ul style="list-style-type: none"> • Self-awareness. Know yourself and your triggers. Find ways to keep yourself in check. Remain calm. • Be accommodating – aware of the other person’s feelings. 	<ul style="list-style-type: none"> • Get to know yourself and acknowledge your faults. • Be aware of your temptations so that you can learn to overcome them with God. • Explore your spiritual gifts and use them for the glory of God.
<ul style="list-style-type: none"> • Listen to what your partner is trying to tell you. 	<ul style="list-style-type: none"> • Be patience. • Make time to listen to God. Read his word, meditate on it and pray to him.
<ul style="list-style-type: none"> • Communicate Effectively. Be aware of language used. • Be open and honest about how you’re feeling but speak delicately. • Don’t retaliate. 	<ul style="list-style-type: none"> • Express your feelings with God be honest because he knows all, and you can trust him. Fear. Cast your burdens onto Jesus. • 1 Peter 5:7 <i>“Cast all your anxiety on him because he cares for you”</i>.
<ul style="list-style-type: none"> • Understanding. Be empathetic. Try and understand their perspective. Value the difference in personal experience you may not always see eye-to-eye because you were raised differently. 	<ul style="list-style-type: none"> • Keep in mind that God wants the best for you. • Jeremiah 29:11 <i>“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future”</i>.
<ul style="list-style-type: none"> • Good council. Have a mediator an outside party that is impartial (not family or friends). You can go to couples counselling. Seek pastoral help. 	<ul style="list-style-type: none"> • Listen to the Holy Spirit. You can seek pastoral advice. • John 14:26 <i>“But the Counsellor, the Holy Spirit, whom the Father will send in my name, he will teach you all things, and bring to your remembrance all that I have said to you”</i>.
<ul style="list-style-type: none"> • Time-out. Give each other some space (only temporary). Write it down. Remain open-minded. Recalibrate/reset so that you’re unbiased. 	<ul style="list-style-type: none"> • Do something out of the ordinary to renew yourself in the Lord. Visit another church, attend a church/gospel event. Go on a church retreat. • You can write letters and prayers to God and keep them as a reference for when your prayers have been answered. Keep it for the next time your struggling in your faith.

<ul style="list-style-type: none"> • Have maturity. Take responsibility, be the bigger person. No low blows. Have Respect. Don't keep record of wrongs/don't blame. Keep your emotions in check. Try to think rationally. Compromise. 	<ul style="list-style-type: none"> • Don't be afraid to ask God for help. Accept responsibility for your mistakes. • Psalm 103:10-12 <i>"He has not dealt with us according to our sins, nor punished us according to our iniquities. For as the heavens are high above the earth, so great is His mercy toward those who fear Him; as far as the east is from the west, so far has He removed our transgressions from us".</i>
<ul style="list-style-type: none"> • Learn from mistakes. 	<ul style="list-style-type: none"> • Learn your triggers and your patterns. From there you will be able to determine how to alter your habits. It's the small choices that lead to larger compromises.
<ul style="list-style-type: none"> • Have an outlet. 	<ul style="list-style-type: none"> • Use God as your outlet. Sing, worship, write, draw, dance. Be creative, let the Holy Spirit inspire you.
<ul style="list-style-type: none"> • Discover the root of the issue! Don't be afraid to have hard conversations. Take a deep look at yourself, your partner and your relationship. 	<ul style="list-style-type: none"> • Look at the root of the issue. Analyse the situation in-depth. Think about your past situations that may have been leading up to this.
<ul style="list-style-type: none"> • Apologise. So that you can receive closure and move past the situation. 	<ul style="list-style-type: none"> • Repent. Pray, read scripture, meditate, make action plan. Turn your heart and mind to God. • Proverbs 28:13 <i>"You will never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you".</i> • Matthew 3:8 <i>"Do those things that will show that you have turned from your sins".</i> • Acts 3:19 <i>"Repent, then, and turn to God, so that he will forgive your sins".</i>