

## **Conflict | Staff Restore**

**Learning to deal with conflict and doing it well is a vital part of discipleship - but we have neglected it**

- Some of us fake peace (run from it or manufacture it)
- Some of us break it (aggressive, win, always right)
- We all are called to make it

**We only have 20 minutes, so we are going to focus on some lessons we have learned in marriage (can be applied to all relationships).**

**AGAIN, there are all kinds of variables and issues - we cannot address all - especially the DEEP hurt and pain caused by conflicts in 20 min.**

**What causes quarrels and fights/conflicts - what is the root?**

### **James 4:1-3 (ESV)**

"What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask. You ask and do not receive, because you ask wrongly, to spend it on your passions."

### **James 4:1-3 MESSAGE**

"Where do you think all these appalling wars and quarrels come from? Do you think they just happen? Think again. They come about because you want your own way, and fight for it deep inside yourselves. You lust for what you don't have and are willing to kill to get it. You want what isn't yours and will risk violence to get your hands on it.

You wouldn't think of just asking God for it, would you? And why not? Because you know you'd be asking for what you have no right to. You're spoiled children, each wanting your own way."

## **The 4 Main Lesson's We Have Learned and Try to Walk In:**

- 1. Listen to understand not to be heard or to prove you are right - see from their vantage point**
- 2. 4 Unhealthy Reactions to Conflict**
  - Withdraw - remedy: stop faking peace - learn to stay
  - Escalation - remedy: Slow down, call a timeout
  - Negative Interpretation - remedy: to believe the best
  - Invalidation - remedy: compassion/empathy leading to mutual understanding
- 3. Owning your part** - easy to cast blame -
- 4. Forgiveness (3 parts)** - bitterness is unforgiveness fermented
  - Repentance and ask for forgiveness (one who sinned)
  - Mercy value - release of liability (one sinned against)
  - Absorb the cost - not minimize and don't cover it up - walk through it - don't let it ferment (one sinned against)

### **2 Cor 5:18-20**

"Everything is from God, who has reconciled us to himself through Christ and has given us the ministry of reconciliation. That is, in Christ, God was reconciling the world to himself, not counting their trespasses against them, and he has committed the message of reconciliation to us. Therefore, we are ambassadors for Christ, since God is making his appeal through us. We plead on Christ's behalf: "Be reconciled to God.""