

# GOD AND CONFLICT



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# What is the measure of your conflict on this scale?

Escape

Suicide

Flight



Denial

Engage

Discussion



Counseling

End

Fight/Assault

Murder

## Read Philippians 2:1-11

How is unity, affection and sympathy achieved? (2:1-5)

Where does Jesus' humility lead? (2:8-9) What implications does this have for your relationships and conflict?

## Read James 4:1-10.

What is the source of conflict? (4:1)

What is it that you want? What are you seeking? (4:2) Is this an idol? Even a good thing can become an idol.

When needs are not met the progression of conflict becomes I Desire – I Demand – I Judge. We often have expectations for others to fulfill our desires which turn into punishment when they fail us. The spiritual reality is that these unfulfilled needs are really idols and God-substitutes. Remember, we are all sinners (Romans 3:23) which means conflict is inevitable. So, do not be afraid of conflict. When you expect conflict you are able to confront sin and bring it to the cross for reconciliation.

### ABC's of Conflict

Avoid sinful Anger

Benevolence

Contrition & Compassion

## Read Ephesians 4:25-32.

How are we to biblically handle conflict? (4:25-31)

### Communication Tips

- Listen with your ears: "Mirroring" or repeating what is said. Ask questions and clarify content.
- Listen with your eyes: Body language and eye contact displays care and value.
- Speak with your hands: How you say something is as important as what you say.
- Speak with your heart: Be honest, sincere, loving and develop trust.
- Open issues: compromise
- Closed issues: confront

What is the ultimate motivation for forgiveness? (4:32)

When most people talk of repentance & forgiveness they do not speak of it in the way the Bible does. An accurate definition of both repentance & forgiveness is required in your marriage.

Repentance is the turning away from wrong behavior. It contains hatred for sin and brokenness for personal actions. Psalms 32, 51; Joel 2:12-13; Luke 3:8; 2 Corinthians 7:10

Forgiveness is the pardoning (not accepting) of wrong behavior. It does not mean forgetting the wrong behavior but it will lead to freeing the other person from guilt and shame. The relationship has security but the intimacy needs rebuilt. Matthew 6:14-15, 18:21-35; Luke 15.

# Confession Outline

(From Ken Sande, *Peacemaking for Families: A Biblical Guide to Managing Conflict in Your Home*)

Read Matthew 7:1-5. What insights do you learn from Jesus about conflict and reconciliation?

Ken Sande:

1. Glorify God (1Corinthians 10:31)
2. Get the log out (Mathew 7:5)
3. Gently restore (Galatians 6:1; James 5:19-20)
4. Go and be reconciled (Matthew 5:24)

Below is Sande's "7 – A's" outline process for confessing sin and reconciling relationships.

## **Address everyone involved.**

To whom do you need to confess?

## **Avoid "if, but, and maybe."**

What excuses or blaming do you need to avoid?

## **Admit specifically.**

What sins have you committed? What biblical principles have you violated against a holy God?

## **Apologize.**

How might others feel as a result of your sin?

## **Accept the consequences.**

What are the consequences of your sin? How can you help reverse the damage you have caused?

## **Alter your behavior.**

What changes do you intend to make, with God's help, in the way you think, speak, and behave? Results are immediate, verifiable, and unconditional.

## **Ask for forgiveness and allow time.**

What might make the person whom you have wronged reluctant to forgive you? What can you do to make it easier for that person to forgive you?

What summary insights and applications do you have from this study?