

# How To Resolve Conflicts In A Biblical Way

## A. First, you need the correct motivations within your heart.

Your motivations will either help or hinder you when putting these principles into action.

**PLEASE READ EACH VERSE AND BE SURE THIS IS THE DESIRE OF YOUR HEART.**

1. Are you willing to resolve the conflicts? Are you willing to do anything that God requires or commands you to do (Is. 1:19)? Without a willing heart you will not be motivated to take any of the practical steps necessary to resolve these conflicts.
2. Are you willing to please God? Your ultimate desire must be to please God. This motivation will cause you to take all of the difficult actions listed below. (Romans 15:3) (Gal. 1:10) (I Thess. 4:1)

Commit yourself now in prayer asking God to put these motivations in your heart.

## B. Apply these biblical principles on resolving conflicts.

Read through each verse that follows these principles. To enable you to better identify *your* problem areas rate yourself by marking to the side, O = Often, S = Sometimes, R = Rarely. (Men use the left side of the paper, women use the right). In the last few months, how have you been handling your disagreements?

1. Do you actively seek reconciliation after a conflict (Matt. 5:23-24) (Matt. 18:15)?
2. Do you seek reconciliation quickly (Matt. 5:25) (Eph. 4:26)?
3. Are you completely honest about the facts of the conflict (Ps. 51:6)?
4. Do you restrain your anger during a conflict (Prov. 20:3) (Prov. 17:14)?
5. Do you seek to listen and understand what your spouse thinks when a disagreement occurs (James 1:19) (Prov. 18:13)?
6. After you've had an argument, do you humble yourself and confess your fault first (James 5:16) (Matt. 7:5) (Gen. 3:11-13)?
7. Do you forgive and refuse to bring the issue up again (Heb. 8:12) (Phil. 3:13) (Eph. 4:31-32) (Matt. 6:14-15) (Psalms 66:18)?
8. Do you tell your mate, in love, specifically what action or attitude you want to see change (Matt. 18:15)?
9. Do you keep talking until you find an agreement through a mutually agreed upon compromise (Gen. 13:7-13)?
10. Do you pray regularly together for the power to change (James 5:16) (Luke 11:13)?
11. Are you patient and long-suffering when things don't change as quickly as you want (Gal. 5:22-23)?
12. Do you take specific action to change even when your partner will not (Heb. 10:24) (John 13:15) (Matt. 7:12) (Romans 5:8)?

**C. What should you do with those conflicts that seem to defy resolution?**

If you can't seem to reach a solution after studying these principles found in Scripture, look for one or two areas where you can agree. Use these areas as a starting point in resolving the other issues (Heb. 3:12-13) (Matt. 18:19) (Amos 3:3). The softening of both hearts sometimes will require time. Pray and ask God to soften *your* heart and keep talking together until you work out any unresolved issues. This is where long-suffering is needed. Stubbornness, selfishness, pride, and hardness of heart are the cause of all unresolved conflicts, but willingness to compromise can bring you to a solution. Begin by dealing with your hardness of heart first. Ask God to reveal where you are being stubborn, selfish, and prideful. As you see your own faults and failures ask God to forgive you. Remember, in 1 John 1:9 it declares, "*If we confess our sins God is faithful and just to forgive us our sins.*" The word *confess* means to agree with God. Notice that for reconciliation to occur with God, you must come to an agreement with Him over your sin. Therefore, as you see your personal faults and come into agreement with God, this will encourage you to confess your faults to your spouse, which enables reconciliation and agreement to occur.

**D. Steps to fully resolve your conflicts**

1. In order of severity, list the conflicts that you have with your spouse on a regular basis.

<b>Husband</b>	<b>Wife</b>

2. List your *personal* faults and failures regarding these conflicts (Matt. 7:5).

<b>Husband</b>	<b>Wife</b>

3. Ask forgiveness for each of your faults and failures.
4. Discuss ways you can both be more giving, loving, and flexible in each area of conflict.

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