

What Hinders Conflict Resolution?

If you want to determine what is hindering you and your mate from fully resolving your conflicts, answer the questions below to enable you to identify what *you* have been doing wrong.

1. Are you willing to please the Lord and do whatever He requires of you, or have you thrown up your hands in disgust (Is 1:19)? List on the back of this paper what you believe God wants you to do to please Him as you seek reconciliation.
2. Have you identified what your personal faults are in this conflict or are you simply blaming your spouse (Matt. 7:5)? List on the back of this paper what your faults are.
3. Have you confessed these faults and asked your mate for his or her forgiveness (James 5:16; Mark 11:25-26)?
4. Have you been completely honest with your partner when confessing your faults or have you shaded the truth so your faults won't look so bad (Ps. 51:6)?
5. Have you sought reconciliation quickly with your spouse or have you been putting it off (Matt. 5:25)?
6. Have you been restraining your anger or have you become explosive and raised your voice (Prov. 20:3; Prov. 15:18; James 1:20)?
7. Have you truly attempted to listen and understand what your mate thinks concerning the conflict (James 1:19)?
8. Have you spoken kindly to your partner or have you been sarcastic and cutting with your words (Judges 19:3; Ps. 52:2)?
9. Have you truly sought agreement through compromise or are you insisting on your own way (1 Cor. 7:5)?
10. Have you been in regular prayer with your mate or have you attempted to change on your own (James 5:16)?
11. Have you been patient and longsuffering with your spouse or have you been expecting things to change overnight (Col. 3:12-14)?
12. Have you taken specific action to love and give even when your partner has refused to do his or her part (1 John 4:19)?
13. Have you been personally seeking God for the power of His Spirit to help you (John 15:5; Luke 11:13)?
14. Have you been studying God's Word on a daily basis and searching for understanding for possible solutions to your dilemma (Acts 17:11; Prov. 15:28)?

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