## **Conflict Resolution God's Way - Part 1**

Ephesians 4 (NLT)

St. Joseph Island Free Methodist Church - September 14, 2025

**Basic Premise:** We can deal with conflict in a Godly and Biblical way.

## **True or False?**

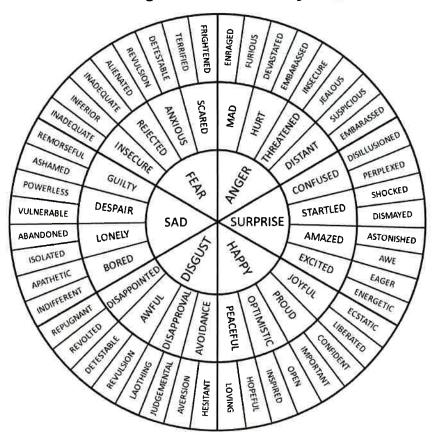
U	Ignoring conflic	t will help it go away, rather that create a problem.					
	A lack of conflic	t means you have perfect peace.					
	Christians shoul	ld always be nice and agreeable.					
	Best not to say v	what you really think, you could offend or hurt feelings.					
	De-escalating c	onflict always means talking quietly and not replying.					
	Forgiveness mea	ans you have to fully trust the person that offended you.					
$\overline{\Box}$	Time heals all w	ounds.					
	How my family v	worked in the past doesn't affect me today.					
	Forgiveness mea	ans you have to forget.					
	Be a good Canad	dian - be sorry for everything.					
$\overline{\Box}$	Say what needs	to be said, regardless of how much it hurts people.					
	Always be loving	g, NEVER make someone feel uncomfortable.					
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4.	Α	The Feeling(s)					
• Id	lentify what you	are feeling - Feelings aren't definitive, but revealing					
• P	ray for the Lord'	s wisdom and perspective (Psa. 139:23-24)					
• D	o you own your	part in this conflict?					
5.	P	It With Christ					
		respond that glorifies God? (1Cor. 10:31)					
	-	us enough to warrant a conversation? (Prov. 19:11)					
		going to negatively affect your relationship?					
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b.	Take <b>A</b>	That Is Loving, Humble, Godly, and Truthfu					
• P	repare your hea	rt with humility, love, and gentleness					
• Ta	Talk one-on-one first, then involve an independent, mature Christian (Matt. 18)						

Some of us offer lots of grace to ourselves, and offer little or none to others. Some of us offer lots of grace to others, but little grace to ourselves.

Speak the truth, in love (Eph. 4:15)

"Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption. Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behaviour. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you." (Eph. 4:29-32)

## **The Feelings Wheel Vocabulary Builder**



ME	The 10/80/10	<b>Illusion In</b>	Conflict	THEM
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10%	MY PERSPECTIVE	90%
90%	THEIR PERSPECTIVE	10%
10%	WHEN 10% IS FIXED, 80% FADES AWAY	10%

## **Verses to Read THIS WEEK**

Proverbs 3:5-8, Psalm 139:23-24, Matthew 7:3-5,12 Matthew 5:11-12, Proverbs 19:11, Ephesians 4:29-32, Romans 15:5-7, Matthew 18:15-35, Matthew 5:22-24, Ephesians 4:1-5, Ephesians 4:15-16, Matthew 22:39