

# 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?

- ☐ Ignoring conflict will help it go away, rather than create a problem.
- ☐ A lack of conflict means you have perfect peace.
- ☐ Christians should always be nice and agreeable.
- ☐ Best not to say what you really think, you could offend or hurt feelings.
- ☐ De-escalating conflict always means talking quietly and not replying.
- ☐ Forgiveness means you have to fully trust the person that offended you.
- ☐ Time heals all wounds.
- ☐ How my family worked in the past doesn't affect me today.
- ☐ Forgiveness means you have to forget.
- ☐ Be a good Canadian - be sorry for everything.
- ☐ Say what needs to be said, regardless of how much it hurts people.
- ☐ Always be loving, NEVER make someone feel uncomfortable.

## 4. A \_\_\_\_\_ The Feeling(s)

- Identify what you are feeling - Feelings aren't definitive, but revealing
- Pray for the Lord's wisdom and perspective (Psa. 139:23-24)
- Do you own your part in this conflict?

## 5. P \_\_\_\_\_ It With Christ

- Is there a way to respond that glorifies God? (1Cor. 10:31)
- Is the issue serious enough to warrant a conversation? (Prov. 19:11)
- Litmus Test: Is it going to negatively affect your relationship?

## 6. Take A \_\_\_\_\_ That Is Loving, Humble, Godly, and Truthful

- Prepare your heart with humility, love, and gentleness
- Talk one-on-one first, then involve an independent, mature Christian (Matt. 18)
- Speak the truth, in love (Eph. 4:15)

*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.*

"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)

A circular diagram illustrating 48 emotions, categorized into four main groups: FEAR, ANGER, SURPRISE, and HAPPY. The emotions are arranged in a circular pattern, with some words appearing in multiple quadrants.

**FEAR**

- SCARED
- ANXIOUS
- REJECTED
- INSECURE
- GUILTY
- DESPAIR
- LOVELY
- BORED
- DISAPPOINTED
- AWFUL
- DISAPPROVAL
- AVOIDANCE
- HESITANT
- AVERSION
- JUDGEMENTAL
- LAOthing
- REVULSION
- DETESTABLE
- REVULSION
- ALIENATED
- INADEQUATE
- INFERIOR
- REMORSEFUL
- ASHAMED
- POWERLESS
- VULNERABLE
- ABANDONED
- ISOLATED
- APATHETIC
- INDIFFERENT
- REPUGNANT
- REVOLTED

**ANGER**

- MAD
- HURT
- THREATENED
- DISTANT
- CONFUSED
- STARTLED
- AMAZED
- EXCITED
- JOYFUL
- PROUD
- OPTIMISTIC
- PEACEFUL
- LOVING
- HOPEFUL
- INSPIRED
- OPEN
- IMPORTANT
- CONFIDENT
- LIBERATED
- ECSTATIC
- ENERGETIC
- EAGER
- AWE
- ASTONISHED
- DISMAYED
- SHOCKED
- PERPLEXED
- DISILLUSIONED
- EMBARRASSED
- SUSPICIOUS
- JEALOUS
- INSECURE
- EMBARRASSED
- DEVASTATED
- FURIOUS
- ENRAGED

**SURPRISE**

**HAPPY**

## THEM

10%	MY PERSPECTIVE	90%
90%	THEIR PERSPECTIVE	10%
10%	WHEN 10% IS FIXED, 80% FADES AWAY	10%

**☐ 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**