

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

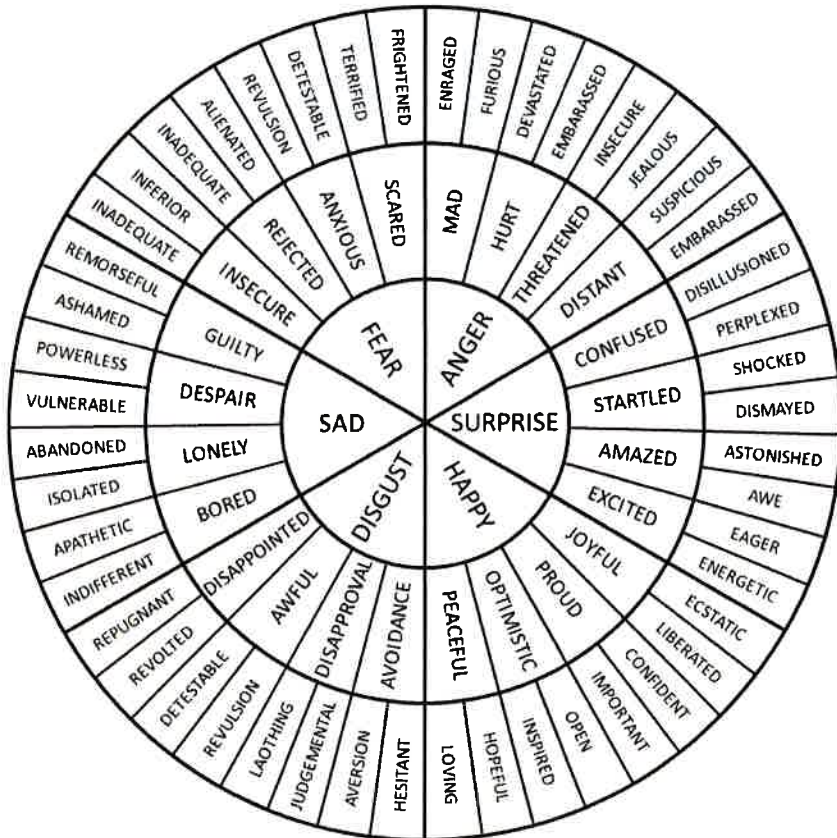
- Prepare your heart with humility, love, and gentleness
- Talk one-on-one first, then involve an independent, mature Christian (Matt. 18)
- Speak the truth, in love (Eph. 4:15)

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"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 Illusion In Conflict THEM

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

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Interpersonal Conflict Resolution Framework

Conflict is a normal part of life. Your opinions and actions will bump up against someone else's, leading to conflict. Unresolved conflict may quickly escalate and destroy relationships. Contrary to popular belief, time does not heal all wounds, and sweeping conflict under the rug doesn't work. It's important to deal with conflict in a godly way. That's why we have attempted to provide some guidance for handling interpersonal conflict within the church in a biblical way. Please make sure to read each Bible passage referenced below as you read this document and process the conflict you are experiencing.

1. Identify the Conflict, Hurt or Offence
 - a. Pray about it. Ask the Lord for wisdom. (Prov 3:5-7).
 - b. What is your concern? How do you feel about it? What part of this conflict do you own?
(Psalm 139:23-24, Mat 7:3-5)
 - c. How could you respond to this conflict in a way that glorifies God?
 - d. Is this important enough to raise with the other person, or should I release it and let it go? (Prov 19:11, Mat 5:12)
 - e. If you have forgiven them, and decide to let it go, don't bring this incident up again, don't talk to others about it, and don't let this affect your relationship with the other person. (Eph 4:29, Rom 15:5)
2. Meet with the other person, seeking to work it out, face to face, in the spirit of humility.
 - a. Talk with the other person one on one
(Mat 18:15, Mat 5:23-24)
 - b. Before you meet, prepare yourself to be humble and gentle, making allowance for each other's faults (Eph 4:2). Go prepared to speak the truth in love (Eph 4:15).

3. Ask for forgiveness for any wrong actions and/or attitudes.
 - a. Confess your sins to each other
(1 John 1:8-10, James 5:16)
4. Forgive the other person, as Christ has forgiven you.
 - a. Have you forgiven the other person unconditionally?
(Col 3:13)
 - b. How do you feel about the other person (1 John 2:9-11)?
 - c. Are you able to live at peace with the other person,
without bitterness (Heb 12:14-15, Eph 4:26-27, 30-32)?
 - d. Are you able to extend Christian love to the other person
(1 Cor 13:4-7)?
5. If the conversation with the other party doesn't resolve the
issue, involve a third party as an independent mediator.
 - a. Take someone else and go and talk again with the person
(Mat 18:16)
 - b. Choose someone from within the church. Each party
could involve another person.
 - c. Pray about the conflict or disagreement together at this
meeting with mediator(s)
6. If the meeting and prayer still can't resolve the issue, involve the
Official Board in the matter.
 - a. Bring the issue to the Official Board (Mat 18:17)
 - b. The Board will decide how to guide things back to the
right path (Gal 6:1)

Approved by Official Board on November 21, 2017