

Dealing with Confrontation - Lesson

Lesson summary: We need to learn to effectively deal with conflicts to maintain peace in our lives.

ROMANS 12:18 (NIV)

If it is possible, as far as it depends on you, live at peace with everyone.

Confrontation Situations

1. Never confront someone when you are angry, wait until you have cooled down and can do it without emotion.
2. Spend time asking God for wisdom first, believing He will give it to you. James 1:5
 - a) Ask God to help you see what you don't see, to open your heart and mind.
3. Ask God to search your heart to determine what your motives are in this.
 - a) Do you just want your own way? Are you being selfish in this?
4. Call a godly person and ask for their wisdom in the situation.
5. Begin a confrontation with a question to clarify and let them speak first.
6. Have your facts straight and speak only from the facts – don't jump to conclusions.
 - a) Don't let them get off topic by twisting things you say. Example: "I didn't call you a liar, I said you lied in this specific instance."
7. Don't use the words "never" or "always."
 - a) Don't let them get away with saying them either. Make sure they are speaking truth, not emotion or exaggeration.
8. Spend plenty of time beforehand praying specifically for God's wisdom.
9. Approach them with a humble, calm spirit, wait until you calm down.
10. Give gentle answers to them if they respond in anger.
11. Keep your cool.
12. Set a time to pray together with them if possible.

Ongoing Conflict

1. Explaining where you are coming from does not always fix the problem.
2. If they refuse to reconcile, your responsibility is to make sure there is peace in your heart towards them.
3. Humble yourself before them.
 - a) Pride escalates conflict. The more pride you have, the more conflicts you will have and the more easily offended you will be.
4. Apologize to them if you have been harboring resentment towards them, even if they are openly disrespecting you.
5. Go to them and say, "I have offended you and I apologize"
6. Don't try to prove they are wrong by arguing with them, it accomplishes nothing.
7. Don't avoid conflict; you need to address these issues to maintain peace in your own heart.
8. Learn to not defend yourself when verbally attacked, or become defensive.
9. Don't be easily offended or insulted. Wise men are not easily offended.
10. When offended, don't deal with it right away, allow some time to cool down.
11. Don't let yourself believe that they "did that on purpose to irritate me."
12. Give people the benefit of the doubt, assume the best of them.
13. There is never an excuse for unkindness.