

Dealing with Confrontation – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

Write about a recent instance where you had a conflict with someone. How did you handle it? Did they get angry? Did you get angry? Did it end well, or is there still tension there? Was any exaggerated or hurtful language used on your part or theirs? Did you pray together at all afterwards? What did you do well in the situation? What are some things you could have done differently that would have improved the outcome of the conflict?

Day 2

Read **MATTHEW 18:15-20**

According to Jesus, what should be the first step when you have a problem with someone, and they have done something wrong that upset you?
When should we begin talking to others about the situation?
What should be our main goal when dealing with conflicts?

Day 3

Memorize

ROMANS 12:18 (NIV)

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

Day 4

One thing that really increases the amount of conflict you have in life is how easily you are offended. Does it take a lot to offend you, or will just a look or a comment set you off? There are some people who take great satisfaction in pushing other people's buttons. They do this because when you allow yourself to be set off by others, they are controlling you. They can then control your behavior by just saying something or doing something. Jesus teaches that we are to be in control of our tempers and our lives. That is another word for self-discipline. Spend some time asking God if there is pride in your life that you need to have Him deal with. Ask him to reveal to you any area you need to learn to not take so seriously. It is a very healthy thing to be able to laugh at yourself, whether it be your mistakes or embarrassing moments.

Day 5

Take some time to write down a list of those you tend to have conflicts with and think of some ways you can show them love and kindness. The second greatest commandment is to love others. It is very important to God that we live in peace with other Christians. There is no reason why we shouldn't be able to live in peace with someone who loves the same God we do. We have been born of the same Spirit. What are some ways you can work to mend relationships where hurtful things have been said or done? Spend some time thinking and asking God to show you how you can be a "peacemaker."

Meditate on this verse and write out how you can apply peacemaking to your life.

JAMES 3:18 (NIV)

Peacemakers who sow in peace raise a harvest of righteousness.