

## **Let it Go Sunday February 8, 2015 pm**

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Eph. 4:31, 32

If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother. Matt. 18:15

Why do you fight and argue with each other? Isn't it because you are full of selfish desires that fight to control your body? You want something you don't have, and you will do anything to get it. You will even kill! But you still cannot get what you want, and you won't get it by fighting and arguing. You should pray for it. Yet even when you do pray, your prayers are not answered, because you pray just for selfish reasons. James 4:1-3

### **What would I like to address?**

1. Dealing with offenses.
2. Recognizing the need for forgiveness and reconciliation.
3. Letting go of ego, entitlement and our need to be recognized and right.

I have used content from a valuable resource: Resolving Everyday Conflict by Ken Sande. I highly recommend this book.

### **Conflict is Unavoidable!**

The way it is handled can actually be a means by which God is glorified.

### **What is a healthy and Biblical approach to conflict?**

Conflict is an opportunity!

Some see conflict as something that we must **escape** and run from.  
Some see conflict as an **obstacle to conquer**.

Peacemakers see conflict as an opportunity to solve problems that benefit everyone involved and glorify God.

The peacemaker's goal is reconciling—that is, restoring and repairing damaged relationships.

### **Three basic approaches...**

Escape, attack, make peace.

#### **The Escape Method.**

Some people have a false belief about conflict.  
They believe that dealing with it will only make it worse.

One escape method is denial. Pretend it does not exist.

For example:

Quitting a job, leaving the house, ending a friendship, filing for divorce, or changing churches.

**Peacefaking**: Caring more about the appearance of peace than the reality of peace.

Trying to make things look good even when they aren't.

### **The Attack Response.**

People use attack responses when they are more interested in winning a conflict than in preserving a relationship.

These people see conflict as contest that must be won.

A chance to assert their rights.

An opportunity to control or take advantage of a situation.

**Peacebreaking**. Sacrificing people and peace to get what we want.

How many times has escape or attack alienated you from the people you love the most?

Do you have a default method?

**There is a better way!!**

It is called **peacemaking**.

**Four things to consider...**

#### **1. How can I focus on God in this situation?**

Glorify God.

**If we don't look to God in our conflict...**

- we have to make do with our own limited resources.
- we fail to notice God's purpose of using conflict to demonstrate his love/power.
- we see conflict as a **threat** to flee from or a chance to **force** our will on others.

Stop and look to God before things get **hotter!**

#### **2. How can I own my part of this conflict?**

Get the log out of your eye.

Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye? Matt. 7:3

#### **3. How can I help others own their contribution to this conflict?**

Gently restore.

Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. Gal. 6:1

#### **4. How can I give forgiveness and help reach a reasonable solution?**

Go and be reconciled.

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