



HOW TO RESOLVE CONFLICT

10 PROVEN STEPS

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“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” – Ephesians 4:32

Conflict is a normal and natural part of life within families, marriages, the workplace and even the church. Conflict exists whenever two or more individuals disagree or become offended. Studies indicate that few of us resolve conflict well. Most often when conflicts arise, we tend to react negatively rather than respond in ways that honor God and resolve the conflict.

We learn how to resolve conflict during youth from our family, and then re-enact those learned behaviors with others in our adulthood. For example, in my family, conflict was usually met with irritation and, if not easily resolved, could provoke explosive anger. Later on, amends might be made, but the issue was rarely rehashed or resolved. In my early years of marriage, this was how I dealt with conflict. Our marriage was heading for major problems until we learned how to resolve conflict in a godly way.

The following steps are proven for successful conflict resolution, and are applicable to many situations from friendships to professional relationships, and from marriages to churches. Put them on your refrigerator or keep them handy, and when a conflict arises, pull them out and follow the steps. Resolving conflict in a God-honoring and healthy way is a matter of patience, prayer and practice. Try these steps. They work!

>ONE.

Do not suppress the conflict. Pray about it, then talk about it. Having a conflict with someone means there is a problem that needs to be worked out. Pray for wisdom, self-control and that God’s will might be accomplished through the conflict. Choose the right time and place and then discuss the conflict. I tended to blow up whenever I was frustrated. Stepping back from the situation, praying, and then talking really has helped me handle conflict much better.

>>>>TWO.

To begin, one person shares openly and honestly .Be slow to speak, not hasty (James 1:19). Think about your words before you say them (Proverbs 15:32). When you share, speak the truth but do so in love—no hiding or zapping (Ephesians 4:15, 25). Speaking the truth does not mean voicing your judgments and complaints. It means attacking the problem rather than the person. Use “I” statements

