

# Biblical Conflict Resolution

**#1 - Confess:** Genuinely ask this question of the other person:

"What am I doing that is hurting you or causing problems in our relationship?"

- If you're the person being asked this question, answer with **love** and **grace**.
- If you're the person asking the question, **listen intently** and **take notes**.
  - Don't interrupt.
  - Don't make excuses.
  - Don't blame the other person for your sins.
  - Don't blame your past.
  - Don't shift responsibility in any way.
  - Don't talk unless you want to ask a clarifying question.

This isn't intended to be a rehash of every instance that the other person has let you down over the course of your relationship / friendship. Instead, this is a "categorical" discussion about the overarching issues that are causing problems.

For example...

"I don't feel loved, supported, or respected by you."

"Your words hurt me."

"I don't feel like a priority in your life."

"When you \_\_\_\_\_, it makes me feel \_\_\_\_\_."

Once we identify our sins, confess them to each other and ask for forgiveness. This step is critical to the healing process. Sadly, it's rarely used in most relationships. The truth is, relational problems are rarely the result of just one person.

Our sins have already been forgiven by God. However, **James 5:16** teaches us that we need to confess our sins to one another so that we may be healed. Once this is completed, **forgive** and **move forward**.

**#2 - Repent:** Repent means to '**change our mind**'. A change of mind will lead to a change in action.

- Agree that your sins have hurt the other person. Show remorse.
- Unless the other person is asking you to do something that is unbiblical, or something that you know is wrong, stop doing whatever is causing problems.
- Relational repentance is when we stop talking about fixing a relationship and start doing it.

**#3 - Love:** Biblical love is a committed action to the well-being of another.

This is the main missing link in most relationships. If we do not love others... selfishness, bitterness, and pride will begin to form in our hearts.

The model for biblical love is found in 1 Corinthians 13. Reflect on this passage to gauge your own heart.

If we truly put the needs of other people above our own (which is what Jesus commands), our relationships will flourish beyond what we ever dreamed possible. It's not always easy, but it does work.