

Surviving the Summer

A series on surviving...and even thriving!

"I know how to survive..." Philippians 4:12a Voice

"Surviving Conflict"

"Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude. Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will grant you his blessing." 1 Peter 3:8-9 NLT



A. Conflicts arise over...

1. Poor communication or miscommunication.
2. Differences in personality.
3. Misunderstandings.
4. Frustrations.
5. Different values.
6. Power struggles
7. In marriage: money, sex, work, children, chores
8. In families: finances and jobs, sibling rivalry, child discipline, in-laws, and extended family

"Where do you think all these appalling wars and quarrels come from? Do you think they just happen? Think again. They come about because you want your own way, and fight for it deep inside yourselves. You lust for what you don't have and are willing to kill to get it. You want what isn't yours and will risk violence to get your hands on it." James 4:1 The Message

B. Wrong ways to handle conflicts*...

"An angry person stirs up conflict, and a hot-tempered person commits many sins." Proverbs 29:22 NIV

1. Avoiding.
2. Being defensive.
3. Overgeneralizing.

4. Being right.
5. Mind reading.
6. Not listening.
7. Blame game.
8. Having to win.
9. Character attacks.
10. Stonewalling.

*Elizabeth Scott

"10% of conflicts are due to difference in opinion. 90% are due to wrong tone of voice." - Unknown

"The greedy stir up conflict, but those who trust in the LORD will prosper." Proverbs 28:25 NIV

C. Let love be your guide...

"Above all, clothe yourselves with love, which binds us all together in perfect harmony." Colossians 3:14 NLT

1. Remember God chose you to be holy, and to represent Him.

"Since God chose you to be the holy people He loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience." Colossians 3:12 NLT

2. Give allowances to others as we all have faults.

"Make allowance for each other's faults..." Colossians 3:13a NLT

3. Give a gentle answer in response.

"A gentle answer deflects anger, but harsh words make tempers flare." Proverbs 15:1 NLT

4. Be ready to forgive those who offend you, before they even ask.

"...forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others." Colossians 3:13b NLT

5. Offer love as it covers a multitude of sins.

"Hatred stirs up conflict, but love covers all wrongs."

Proverbs 10:12 NIV

"Most important of all, continue to show deep love for each other, for love covers a multitude of sins." 1 Peter 4:8 NLT

D. Right ways to handle conflicts...

"When we arrived in Macedonia, there was no rest for us. We faced conflict from every direction, with battles on the outside and fear on the inside." 2 Corinthians 7:5 NLT

"When people respond too quickly, they often respond to the wrong issue. Listening helps us focus on the heart of the conflict. When we listen, understand, and respect each other's ideas, we can then find a solution in which both of us are winners."

- Dr. Gary Chapman

1. Speak the truth in love.

"So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body." Ephesians 4:25 NLT

2. Express anger appropriately.

"In your anger do not sin..." Ephesians 4:26a NIV

"And 'don't sin by letting anger control you.'" Ephesians 4:26a NLT

Ephesians 4:26a NLT

3. Deal with your anger in a timely manner.

"Don't let the sun go down while you are still angry, for anger gives a foothold to the devil." Ephesians 4:26b-27 NLT

4. Guard your conversation.

"Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them." Ephesians 4:29 NLT

5. Make a conscious decision to let go of all emotions or feelings that would harbor the conflict.

"Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior." Ephesians 4:31 NLT

6. Instead of responding negatively to the situation, determine to demonstrate kindness and sensitivity.

"Instead, be kind to each other, tenderhearted..."

Ephesians 4:32a NLT

7. Instead of increasing your anger by negative self-talk, let forgiveness be your attitude, just as God forgave you.

"...forgiving one another, just as God through Christ has forgiven you." Ephesians 4:32b NLT

Next in the series:

September 4 – "Don't Just Survive But Thrive"

"No, despite all these things, overwhelming victory is ours through Christ, who loved us." Romans 8:37