

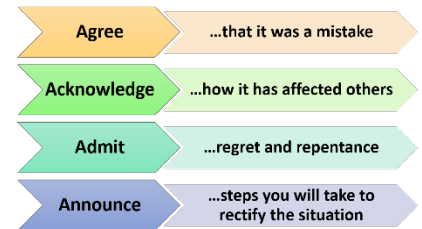
# Six Guidelines When Confessing

## 1. Right Attitude

- Always think of them as more important than you - (Philippians 2:3-4)
- Have NO Agenda or expectations about changing them
- Go with a heart that knows you wronged them and will confess the wrong, no strings attached
- Be Humble and Defenseless
- Believe Resolution is Possible
- Slow Your Emotions Down!

## 2. Right Words

- When confessing, be careful of the words you use
- If you have not confessed to God, you will not like using the words here
- A Pattern for Right Words
  - AGREE: I was wrong when I (describe attitude and actions)
  - ACKNOWLEDGE: I realize that this has hurt you (and others)
  - ADMIT: I regret my actions and repent before God and you
  - ANNOUNCE: I plan to (state actions) to help me not do that again
  - Thank you for listening. If there are other issues, I am willing to discuss them now or later.



## 3. Right Method

- A personal visit is probably the best overall
- A phone call can be beneficial for challenging issues
- A letter is the least preferred

## 4. Right Time

- Is the time convenient for the other person?
- Is it a time when you would not likely be interrupted?
- What is a danger when thinking of the right time?

## 5. Right Communication Style

- Deal gently with them, even if they are not gentle with you
- **Slow the emotions down!**
- Prepare before and even role-play gentleness
- Use speech seasoned with grace
- Take 100% Responsibility for communicating
  - Communication is cursed
  - Communication is delicate
  - Understand first, then disagree
  - Don't assume they will understand you
  - Look at them during a conversation
  - Speak the "Truth in Love" (Ephesians 4:15)

**Galatians 6:1** Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted.

**James 3:17** But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy.

**Colossians 4:6** Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one.

**Proverbs 15:1** A soft answer turns away wrath, But a harsh word stirs up anger.

**Proverbs 6:16-19** These six things the Lord hates, Yes, seven are an abomination to Him: A proud look, a lying tongue, hands that shed innocent blood, a heart that devises wicked plans, feet that are swift in running to evil, a false witness who speaks lies, and one who sows discord among brethren.

## 6. Right Meeting Guidelines

- Create a handout (like the following page) for the parties that will be participating
- Ask permission from the other party to send the guidelines to them
- In some situations, select a trusted, wise third party to facilitate
- Use the guidelines even if no third party
- Look up all the verses in the Meeting Guidelines before meeting to refresh your mind on the truth

# Meeting Guidelines

## Be Thankful in Prayer

- Thank God for the conflict – 1 Thessalonians 5:18
- Accept that God has been and is at work in the conflict – Genesis 50:20, Romans 8:28
- Praise God for allowing the sin. Sin is the root problem, not the other person and not God – James 4:1, Romans 6:12-13
- Accept confession and forgiveness are God’s answer to conflict
- Ephesians 4:32, Colossians 3:13, 1 Peter 3:8-9

## Be Humble

- James 4:6; 1 Peter 5:6-7
- Allow God’s grace to permeate your lives – James 4:10
- Recognize both of you are depraved apart from Christ – Romans 3:10-12, Ephesians 2:1-6
- Each of you accepts personal responsibility in the conflict. (Offer no defense. Pride is defensive.)

## Be Just & Merciful

- Micah 6:8

## Be Gentle

- Deal gently with each other – Galatians 5:22, James 3:17
- Consider the other person as more important than yourself; Philippians 2:3-4
- Do not try to change the other person. (You are responsible for YOU. Pride causes us to focus on their faults.)

## Be Gracious

- Use speech seasoned with grace
- Colossians 4:6, Proverbs 15:1, 6:16-19

## Be Considerate

- Ephesians 4:15, Proverbs 21:10

## Be Renewed

- Christ’s life (your new life) and the Holy Spirit’s energy are the keys to any resolution
- Galatians 2:20, 5:16, 24-25; 2 Corinthians 5:17

## Be Clear

- Speak about the problem, not the person
- Use the “Speak to the Center of the Room” communication style. Pick an object to represent the problem and talk about it, even point at it

## Be Honest About Facts & Feelings

Use “I + feel + when” technique

### ***“I + feeling word + when”***

1. Begin conversation with a qualifier
  - “I want to tell you how I feel”
  - “I am not asking you to agree with me”
  - Never use BUT after those statements (can be manipulative)
2. State your feelings (“I am really upset”)
3. Always use observable behavior
  - “I was hurt when you didn’t speak to me last night.”
  - NOT, “You always are hurting me”
4. Reframe or “mirror” what is said
  - “What I hear you saying...”
  - “I am not sure that I understand, but let me tell you what I heard.”