

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.”