



CONFLICT - How to Deal with It God's Way

Carefully study the following passages and write down what they teach about strife, quarreling, and contention. Look for the following: (1) why people quarrel; (2) the consequences of quarreling; (3) how to overcome conflict.

1. Proverbs 10:12

2. Proverbs 15:1

3. Proverbs 15:18, Proverbs 16:32, Proverbs 17:27

4. Proverbs 17:14

5. Proverbs 19:11

6. Matthew 5:38-48

7. Romans 12:14-21

8. Colossians 3:12-15

9. James 1:19-20

10. James 3:14 - 4:3

Steps to Take When Conflicts Arise

1. Step away from the situation and pray. Ask God to help you be self-controlled.
2. Confess any anger or bad thoughts as sin and ask God's forgiveness.
3. Ask God to help you overcome anger and bad thoughts by filling you with the fruit of the Spirit. (See Galatians 5:22-24).
4. Ask God to help you answer the question: Can love cover this or do I need to discuss it with my spouse? (See Proverbs 10:12.)
5. Use Scripture about dealing with anger and conflict to fight off temptation. (See verses on first page of this worksheet.)
6. If you decide you must discuss the topic with your spouse, ask God's help to do so calmly and with your spouse's best interest at heart.
7. Go to your spouse and ask forgiveness for specific things you said or did that were in anger and/or were harmful.
8. Calmly ask your spouse if he/she would like to talk about the situation.
9. Pray together first, asking for God's wisdom and direction.
Husbands, ask your wife to pray with you before you begin to discuss the situation.
Wives, ask your husband to lead you in prayer before beginning to discuss the situation.