Conflict Resolution

- -NEVER DEAL WITH A CONFLICTING ISSUE OVER THE PHONE, TEXT, FACEBOOK, EMAIL, ETC. ONLY DISCUSS IN PERSON.
- -DON'T GOSSIP TO OTHERS ABOUT CONFLICTS IN THE RELATIONSHIP. FIRSTLY, DISCUSS ISSUES WITH EACH OTHER BEFORE CONSULTING OUTSIDE HELP.
- -SEEK FIRST TO UNDERSTAND MORE SO THAN TO BE UNDERSTOOD.
- -GO TO GOD FIRST IN PRAYER:
- BRING NEGATIVE EMOTIONS YOU MAY BE FEELING TOWARDS
 THE OTHER PERSON TO GOD IN PRAYER.
- -MAKE IT A POINT TO SHARE WITH GOD THE ISSUES THAT YOU ARE HAVING WITH THE OTHER PERSON.
- -PRAY FOR THE HOLY SPIRIT TO CONVICT THE OTHER PERSON AND TEACH THEM.
- -ASK GOD TO SEARCH YOUR HEART, MIND, AND SOUL FOR ANYTHING YOU MAY HAVE DONE WRONG, AND REPENT OF YOUR OWN WRONG DOING.

- -ASK GOD TO GIVE YOU STRENGTH IN YOUR WEAKNESS, AND ASK GOD FOR WISDOM IN THE SITUATION. PRAY TO BE AS WISE AS A SERPENT YET AS GENTLE AS A DOVE.
- -ASK GOD TO HELP YOU GROW IN COMMUNICATION, AND FOR YOU TO COMMUNICATE EFFECTIVELY IN THIS PARTICULAR CIRCUMSTANCE.
- KEEP IN MIND TO ALWAYS HONOR AND LOVE GOD FIRST AND THEN EACH OTHER. ASK GOD TO HELP YOU KEEP THIS MINDSET.
- -REMEMBER & PRAY TO SHOW LOVE AND TRUTH WITH RESPECT.

 REBUKE THE ENEMY'S INVOLVEMENT.
- -MEDITATE ON BIBLE VERSES THAT AID IN CONFLICT, RESOLUTION, OR THE CURRENT SITUATION.
- -PRAY ABOUT AN APPROPRIATE TIME TO MEET UP AND TALK WITH ONE ANOTHER, AND THEN TALK WITH EACH OTHER TO DECIDE ON A TIME FOR THE CONVERSATION TO TAKE PLACE INSTEAD OF SHOCKING THE PERSON WITH AN AMBUSHED CONVERSATION. (DO NOT LET TOO MUCH TIME ELAPSE BEFORE TALKING.)
- -PULL OUT CREEDS FOR ISSUES THAT ARE GENERALLY A CONFLICT.

 DECIDE IF THERE ARE TRULY DIFFERENCES OR IF THERE IS SIMPLY

 A MISCOMMUNICATION.

- -READ LIST OF QUALITIES YOU LIKE ABOUT THE OTHER PERSON
 TO REMIND YOURSELF WHO THAT PERSON IS AND WHY YOU
 LOVE THEM.
- -PRAY TOGETHER BEFORE DISCUSSING AN INTENSELY HEATED TOPIC. (THIS IS A PRAYER AFTER INDIVIDUAL PRAYERS HAVE BEEN PRAYED.)
- -PRAY FOR DIRECTION IN THE CONVERSATION, GUIDANCE FROM THE HOLY SPIRIT, LESSONS TO BE LEARNED, AND OPPORTUNITY TO GROW TOGETHER.
- -DECIDE TOGETHER WHO GETS TO SPEAK FIRST.
- -USE ACTIVE LISTENING TO ENSURE THAT THERE ARE NO MISCOMMUNICATIONS.
- I.E.: SO YOU ARE SAYING_____. AM I REPRESENTING
 YOUR VIEWS ACCURATELY?
- -REMIND EACH OTHER THROUGHOUT THE CONVERSATION THAT THE OTHER INDIVIDUAL IS LOVED AND RESPECTED.
- THIS CAN BE VOCALIZED OR IT CAN BE SHOWN THROUGH A SIMPLE GESTURE OF PHYSICAL AFFECTION (TOUCH ON THE ARM, ETC.)
- -ALSO, MAKE IT KNOWN WHAT YOU LIKE ABOUT THE OTHER INDIVIDUAL.

- -REMIND THE OTHER PERSON HOW MUCH GRACE YOU HAVE FOR THEM FROM THE GRACE THAT GOD HAS BESTOWED ON YOU.
- -REMIND THE OTHER PERSON THAT YOU ARE BEST FRIENDS &
 BROTHERS AND SISTERS IN CHRIST AND ARE IN THIS PROCESS
 TOGETHER.
- -IF YOU DO NOT UNDERSTAND SOMETHING, COMMUNICATE AND GET CLARIFICATION AND UNDERSTANDING.
- -TAKE A BREAK FROM THE CONVERSATION IF NEEDED.
- -A BREAK IS GOOD WHEN EMOTIONS ARE ESCALATING AND A RESOLUTION IS BEING CLOUDED BY EMOTIONS.
- -TAKE A SHORT BREAK TO PRAY, JOURNAL, ETC.
- -ALWAYS MAKE SURE YOU LET THE OTHER PERSON KNOW YOU NEED THE SHORT BREAK INSTEAD OF RUNNING OFF WITHOUT EXPRESSING THE NEED AND REASONS FOR THE ALONE TIME.
- -EVEN WHEN IT'S DIFFICULT TO SPEAK, MAKE SURE EACH PARTY HAS SAID SOMETHING TO AVOID REPRESSED FEELINGS.
- -IF IT BECOMES DIFFICULT TO VERBALIZE THE WORDS, WRITE
 THEM OUT. HAND THE WRITTEN WORDS TO THE OTHER PERSON,
 OR READ THEM OUT TO YOURSELF.

- -FOR THE PURSUING PARTY WHO IS CHALLENGING THE OTHER PERSON- REMEMBER PATIENCE IN THE MOMENT. SPUR THE OTHER PERSON TO TALK, BUT WITH GENTLENESS.
- -DON'T BRING UP WRONGS FROM THE PAST OR KEEP A RECORD OF WRONGS. REMIND YOURSELF THAT IT WAS FORGIVEN AND COVERED AT THE CROSS.
- -DO NOT EXPECT PERFECTION. REMIND YOURSELF THAT THIS IS A LEARNING EXPERIENCE AND SOME THINGS TAKE TIME..
- -ALWAYS END IN HUGS AND PRAYER AND PRAY FOR AND ENCOURAGE EACH OTHER DAILY.