



RESPONDING TO CONFLICT

FFC WOMEN'S DISCIPLESHIP RESOURCES
TAKE YOU TO GOD'S WORD FOR ANSWERS



RESPONDING TO CONFLICT

Are you looking for helpful and thorough direction in responding to various types of conflict? Whether there has been conflict between a husband and wife, or conflict between two women, or conflict between a mother and older child, you can know how to think about it and how to respond as a disciple of Jesus Christ.

Directions for Study

- Use this worksheet after there has been conflict. Set aside enough time to complete this exercise thoroughly. If you are rushed, do question #5 at another time.
- Work through each step together with your coach in the context of that conflict, reading the Scripture before answering the questions.

1. ASSESS

Begin by separating your responses from the problem. Write down your own words and actions, separating them from the other person's words and actions.

- _____

2. ARE YOU MAKING ASSUMPTIONS?

Ephesians 4:29-30

- Determine whether you are making assumptions about the other person. How can you tell if you've made assumptions? Any time you speak of another person's character, you are making assumptions. Statements like the following are evidence of making assumptions: "he/she always.....", or "he/she never.....", or "he/she is a" . _____



3. ANALYZE YOUR ATTITUDE

Titus 2:4-5

- If the conflict is with your husband, does your attitude evidence loving him above loving your children, and keeping your home? _____

Matthew 7:1-5

- Have you looked at your logs? The biggest log we swing into someone’s eye while we are trying to take a speck out of it is a critical spirit. _____

4. EVALUATE THE CHARACTER YOU HAVE SHOWN

James 3:13-18

- Evaluate your responses to the problem (based on what you assessed for question #1). Divide your responses into the two columns below, choosing which responses you think have shown godly character, and which have shown ungodly character.

Godly character	Ungodly character

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- Evaluate whether you have been wise, or foolish according to James 3:13-18. Consider each of the following columns, and check off which one describes you.

WISDOM	FOOLISHNES
Understanding	Jealousy
Good conduct	Selfish ambition
Meek	Boastful, false to the truth
Pure	Disorder, confusion
Peaceable	Every vile practice, evil
Gentle	Quarrels
Open to reason	Fights
Full of mercy	Passions at war
Full of good fruits	Desire
Impartial	Covet
Sincere	Friendship with world
Harvest of righteousness	Enmity with God

Philippians 4:4

- Have you expressed joy? Here's how I have or have not been joyful: _____

Philippians 4:6

- Have you expressed gratitude? Here's how I have or have not been grateful: _____

Philippians 4:11

- Have you been contented? Here's how I have or have not been contented: _____

As God has convicted you of your sinful response, turn to page 18, and deal with the sin.

5. STRENGTHEN YOUR POSITION WITH GOD’S ARMOR

Ephesians 6:17, Titus 3:5-6

- How does my response evidence the salvation of Jesus Christ? _____

Ephesians 6:14, Proverbs 18:13-15, John 14:6

- What is the absolute truth about the situation? What have I assumed? _____

Ephesians 6:14, Matthew 3:15, Colossians 3:10-13

- What is the path of righteousness? _____

Ephesians 6:16, Philippians 4:4-9

- What is the path of peace? _____

Ephesians 6:17, Psalm 119:11

- What Scriptures am I speaking to my thoughts in this conflict? _____

Ephesians 6:18, 1 Thessalonians 5:17, Colossians 1:9-14

- How am I praying for the other person about this conflict? Am I praying without ceasing, or am I fretting and blaming without ceasing? _____

