

# From Conflict to Fitness

*A home filled with strife and division destroys itself.* Mark 3:25

*What causes fights and quarrels among you? Don't they come from your desires that battle within you? You want something but don't get it...* James 4:1-2

## 6 Steps to Resolving Conflict

### 1. Get a new heart.

*As parts of the same Body, our anger against each other has disappeared, for both of us have been reconciled to God. And so the feud has ended at the cross.* Ephesians 2:16

**Ask: Am I spiritually healthy?**

### 2. Get a new provider.

*You quarrel and fight. You do not have because you don't ask God.* James 4:2b

**Ask: Who am I expecting to meet my needs?**

### 3. Get a new perspective.

*Why do you look at the speck in another's eye, and pay no attention to the log in your own eye? Take the log out of your own eye first, and then you will be able to see and take the speck out of your brother's eye.* Matthew 7:3,5

**Ask: Am I willing to examine myself first?**

*If we claim to be without sin, we deceive ourselves and the truth is not in us.* 1 John 1:8

#### **4. Get a fresh start.**

*If...you remember your brother has something against you, leave your gift at the altar and go at once to make peace...then come back and offer your gift to God.* Matthew 5:23-24

**Ask: Am I willing to be proactive?**

#### **5. Be like Jesus.**

*Don't be selfish... Don't just think about your own affairs, but be interested in others too... Your attitude should be like Christ's who, though He was God, did not demand and cling to his rights...* Philipians 2:3-5

*You must give up these things...being bad tempered, spitefulness, abusive language and dirty talk; and never tell each other lies.* Colossians 3:8

**Ask: Am I being Christ-like?**

#### **6. Get good advice.**

*Conceited people do not like to be corrected. They never ask for advice from those who are wiser.* Proverbs 15:32

**Ask: Am I willing to be transparent?**