



5 STEPS TO CURB CONFLICT BEFORE IT CONQUERS YOU!

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CONFLICT

IS A UNIVERSAL EXPERIENCE

Whether it's a minor misunderstanding or a serious disagreement, we all face it daily. Yet, as humans, we often handle it poorly. Sometimes, we shrink away or ignore it altogether. Other times we respond in anger, lashing out in ways that harm relationships.

When we try to build metaphorical bars around our hearts to protect ourselves, we risk cutting off essential relationships. But we are not called to live as victims of conflict. Romans 8:37 reminds us that God has made us conquerors. He provides the perfect guidelines for navigating disputes in a way that honors Him and restores peace. Here are five practical, biblical steps to help you respond with grace and love the next time conflict springs into your life.



PAUSE

The first step is simple but powerful: PAUSE! James 1:19-20 instructs, "Let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God."

Humans are quick to sin. When conflict arises, our natural tendency is to react impulsively, often in ways that dishonor God and hurt others. Instead, take a moment to stop and think. Whether the conflict springs from your own heart or comes crashing in from the outside, pausing gives you space to reflect and prevents rash decisions that can escalate the situation. Though challenging in today's fast-paced world, this habit yields compounding benefits.



LOOK INWARD

Before assigning blame, examine your own heart. In most conflicts, both parties share some responsibility. Use the *pause* to reflect on your actions and attitudes:

- 1 . Am I glorifying God in this interaction?**
- 2 . Are my motives rooted in love, or are they influenced by anger, pride, envy, or hurt?**
- 3 . Can my words or tone be misinterpreted or offensive?**
- 4 . Are there unresolved issues that have been quietly building up?**

Proverbs 17:14 warns, "The beginning of strife is like letting out water, so quit before the quarrel breaks out." Small disagreements, like tiny leaks, can become destructive breaches if left unchecked. Regular self-reflection allows us to address potential issues before they escalate.

SEARCH SCRIPTURE



God's Word provides all we need for life and godliness (2 Peter 1:3). What does Scripture have to say about your situation?

Some conflicts require immediate action:
"Be angry and do not sin; do not let the sun go down on your anger"
(Ephesians 4:26).

Other situations call for reconciliation before approaching God in worship:
"So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there...first be reconciled... then come and offer your gift"
(Matthew 5:23-24).

Most circumstances will require us to act quickly. Delay is the soil in which bitterness grows. But at times, it may be wise to overlook an offense:

"Good sense makes one slow to anger, and it is his glory to overlook an offense"
(Proverbs 19:11).

Scripture helps us discern whether to act swiftly or tread thoughtfully and delicately.

PRAY

AFTER SEEKING GOD'S WORD

bring the situation to Him in prayer. Ask for wisdom, grace, and guidance as you move forward. James 1:5 promises: "If any of you lacks wisdom, let him ask God, who gives generously to all without reproach."



GOD DELIGHTS

in unity among His children (Psalm 133), and is eager to help us reconcile broken relationships. Take time to pray for the other person as well, asking for God's peace to rule in their heart.



ACT

Equipped with Scripture, prayer, and self-awareness, you're ready to take action. Matthew 18:15 reminds us: "If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother."

When handled with love and humility, conflict resolution strengthens relationships and furthers God's Kingdom. However, if the situation persists, Matthew 18:16-17 outlines additional steps for addressing unresolved disputes, especially within the church.

When dealing with unbelievers, your godly conduct is a powerful testimony, pointing them toward Christ.

THE URGENCY OF RESOLUTION

While these five steps provide a framework, some situations may require swifter responses. Even then, incorporate at least a pause and a prayer, such as asking for a few minutes to gather your thoughts.

As long as sin exists, so will conflict. Ignoring it doesn't reduce tension—it only escalates distress. Failure to address strife only produces resentment, causes separation, destroys communication, encourages isolation, and erodes trust. The Apostle Paul's wisdom is clear: "Do not let the sun go down while you are still angry."

May God bless your efforts to resolve conflict with grace and love, restoring peace and strengthening the relationships that matter most.