**Conflict Resolution**

*Ephesians 4:17-32*

3 Principals on How to Biblically Resolve Conflict

**I. You must have a sincere desire to change**

**Galatians 6:7**—Do *not be deceived, God is not mocked; for whatever a man sows, this he will also reap.*

**Hebrews 12:15**—*See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled.*

1. Change only comes through Christ
2. Choose to put off the old and put on the new
3. Recognize specifically what needs to change
4. Remember that how you process conflict will say much about your view of Christ and your heart

**James 4:1-4**—*What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel. You do not have because you do not ask. You ask and do not receive, because you ask with wrong motives, so that you may spend it on your pleasures. You adulteresses, do you not know that friendship with the world is hostility toward God?*

**II. You must identify grace-based solutions**

A. What we don’t say

**Ephesians 4:29**—Let no unwholesome word proceed from your mouth, but only such *a word* as is good for edification according to the need *of the moment*, so that it will give grace to those who hear

**Proverbs 18:6-7**—*A fool’s lips bring strife, and his mouth calls for blows. A fool’s mouth is his ruin, and his lips are the snare of his soul.*

**Hebrews 4:16**—*Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.*

**James 3:13-17**—*Who among you is wise and understanding? Let him show by his good behavior his deeds in the gentleness of wisdom. But if you have bitter jealousy and selfish ambition in your heart, do not be arrogant and so lie against the truth. This wisdom is not that which comes down from above, but is earthly, natural, demonic. For where jealousy and selfish ambition exist, there is disorder and every evil thing. But the wisdom from above is first pure, then peaceable, gentle, reasonable, full of mercy and good fruits, unwavering, without hypocrisy.*

**Proverbs 15:2**—*The tongue of the wise makes knowledge acceptable, but the mouth of fools spouts folly.*

B. What we do say

**Ephesians 4:29**—Let no unwholesome word proceed from your mouth, but only such *a word* as is good for edification according to the need *of the moment*, so that it will give grace to those who hear

1. Edifying words build up vs tear down

2. Given in a timely way

3. For the purpose of being gracious to those who hear

**III. You must utilize all the resources you have been given**

**Ephesians 4:30**—*Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.*

1. As believers, you possess the Power

**John 14:16**--I will ask the Father, and He will give you another Helper, that He may be with you forever

1. As believers, you have access to His power

**Romans 15:13**—*Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.*

**Romans 15:14**—*And concerning you, my brethren, I myself also am convinced that you yourselves are full of goodness, filled with all knowledge and able also to admonish one another.*

C. As believers, His power is eternally secure