

Philippians 4:1-5

Therefore, my beloved and longed-for brethren, my joy and crown, so stand fast in the Lord, beloved.

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 Start by evaluating your personal walk with God.

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- 1. Start by evaluating your personal walk with God.
- 2. Talk to the person, don't talk about them.

Matthew 18:15-20 "Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother. 16 "But if he will not hear, take with you one or two more, that 'by the mouth of two or three witnesses every word may be established.' 17 And if he refuses to hear them, tell it to the church. But if he refuses even to hear the church, let him be to you like a heathen and a tax collector.

Matthew 5:23-24 "Therefore if you bring your gift to the altar, and there remember that your brother has something against you, 24 "leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift.

2 Corinthians 5:18-20 All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation; 19 that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting to us the message of reconciliation. 20 Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God.

³ And I urge you also, true companion, help these women who labored with me in the gospel, with Clement also, and the rest of my fellow workers, whose names are in the Book of Life.

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3. Get competent outside help.

- ⁴ Rejoice in the Lord always. Again I will say, rejoice!
- ⁵ Let your gentleness be known to all men. The Lord is at hand.

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4. It is more important to respond well than to be right.

Romans 12:18 If it is possible, as much as depends on you, live peaceably with all men.

5. Re-evaluate how you look at the problem (determine to understand) Refuse to allow one relationship to ruin your life.

How to defuse conflict in relationships

- 1. Evaluate your own walk with God first.
- 2. Talk to the person, don't talk about them.
- 3. Get help if you need it.
- 4. It is more important to respond well than to be right.
- 5. Re-evaluate how you look at the problem. Determine to understand. But refuse to let one relationship ruin your life.

Continuing the Discussion

- Was there anything you heard for the first time or that caught your attention, challenged, or confused you?
- On a scale of 1-10, rank the level of stress and concern you are currently experiencing from any problem relationship.
- What does God want you to do about it?