

Strengthening Relationships Through Anger & Conflict

Building Relational Bridges - Part 6 of 9

“The fool who provokes his family to anger and resentment will finally have nothing left.”
Proverbs 11:29 (LB)

Explode.....Implode

Put Up A Mirror.

What is this about? Why am I angry? What of this is about me/them?

“Pride leads to arguments...”
Proverbs 13:10 (NLT)

“Do you know where your fights and arguments come from? They come from the selfish desires that war within you.”
James 4:1 (LB)

Examine Your Anger.

Where is it headed?

“And don’t sin by letting anger gain control over you.”
Ephesians 4:26 (NLT)

Act Slowly.

What will be accomplished? Who will be wounded?

“Wise people think before they act; fools don’t and even brag about it!”
Proverbs 13:16 (NLT)

Consider Their Condition.

What is going on in “their world”?

“Don’t be selfish... don’t think only about your own affairs, but be interested in others, too... your attitude should be the same that Christ Jesus had.”
Philippians 2:3-5 (NLT)

Embrace God’s Plan

What step will I take next?

• Pray.

“If you need wisdom – if you want to know what God wants you to do – ask Him, and He will gladly tell you. He will not resent your asking.”
James 1:5 (NLT)

• Apologize.

“Anyone who refused to admit his mistakes can never be successful, but if he confesses and forsakes them, he gets another chance.”
Proverbs 28:13 (LB)

• Confront.

“So when you offer your gift to God at the altar and you remember that your brother or sister has something against you, leave your gift there at the altar, go and make peace with that person and then come and offer your gift.”

Matthew 5:23-24 (Ph)

• Forgive.

“Remember the Lord forgave you so you must forgive others.”
Colossians 3:13 (NLT)

“But if you refuse to forgive others, your Father will not forgive your sins.”

Matthew 6:15 (NLT)

• Reconcile.

“... When we were God’s enemies, we were reconciled to Him through the death of His Son... So now we can rejoice in our wonderful new relationship with God – all because of what our Lord Jesus Christ has done for us in making us friends of God.”

Rom 5:10-11 (NIV/NLT)

“If you do this, you will experience God’s peace, which is far more wonderful than the human mind can understand.”

Philippians 4:7 (NLT)