

We've always had conflict

One day Lamech said to his wives,

"Adah and Zillah, hear my voice;

listen to me, you wives of Lamech.

I have killed a man who attacked me,

a young man who wounded me. If someone who kills Cain is punished seven times,

then the one who kills me will be punished seventy-seven times!"-Genesis 4:23-24

Identity

- Proverbs 30:13
- "And why worry about a speck in your friend's eye when you have a log in your own? How can you think of saying to your friend, 'Let me help you get rid of that speck in your eye,' when you can't see past the log in your own eye?"-Matthew 7:3-4

Is there actually a conflict?

- Don't eavesdrop on others—you may hear your servant curse you. For you know how often you yourself have cursed others. Ecclesiastes 7:21-22
- Proverbs 19:11

When conflict

- Quickly
 - "So if you are presenting a sacrifice[a] at the altar in the Temple and you suddenly remember that someone has something against you, leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.--Matthew 5:23-24
- Don't let the sun go down while you are still angry--Ephesians 4:26

In what spirit

Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own guaranteeing that you will be saved on the day of redemption. Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.--Ephesians 4:29-32

Communication model

- Facts
- What I imagine
- Emotions
- What I own
- What I want