



"If possible, on your part,  
live at peace with everyone"  
Romans 12:18.

## 4 Strategies for Conflict Resolution

**Read:** Matthew 18:15-20

Unfortunately conflict is a part of everybody's life. We all have to deal with it from time to time, and it is usually not a pleasant experience. In the gospel, Jesus gives us words of advice on how to deal with conflict.

Step 1: Pray about the situation and for the individual involved. During a conflict we have a tendency to react before we think. Prayer helps us to calm our minds and give us a moment to reflect. It also allows God to enter into the situation. It may also be worthwhile asking others to pray for you and for a peaceful resolution (Matthew 18:19).

Step 2: After spending time in prayer, confront the individual alone. Charitably bring the concerns to their attention. Often people are unaware that they have hurt us. Proverbs reminds us that holding onto anxiety or anger only weighs our hearts down, but a kind word can ease our troubles (12:25).

Step 3: If the individual does not listen, bring in a second party. This can be the person who is praying about the situation, or even an authority figure, like a representative from the Church (Matthew 18:17). Sometimes the situation can be so tense that it is best to have someone else involved.

Step 4: If all of our efforts at reconciliation fail, then it is time to let the situation go. Though holding a grudge or getting vengeance can be tempting, we must not "repay evil for evil" (Romans 12:17). We need to find a way to forgive and move on (Matthew 6:14). This may require us to remove ourselves from the situation for a while, or even indefinitely.

Conflict is not easy to navigate, but we can make the best of a bad situation. It is not easy, but the Bible teaches us that there are steps we can take to resolve the situation.