

Optional Digging Deeper

Deescalating Conflict

Sermon from Rick Warren Saddleback Church

James 3:18

Peace making is not avoiding.
Peace making is not appeasing.

10 biblical steps for defusing a conflict.

1. Lower my voice **Proverbs 15:1**

When you raise your voice you are using the cortex part of your brain. This is the upper part of your brain that allows you to speak, strategize and think smart.

When you are fearful or angry your limbic part of your brain is working. This part of the brain gives your instincts, which allows you not to think and say things you don't really mean or call someone names.

The more you raise your voice the more you lower your intelligence. You're using the limbic part of your brain at this point.

Your brain has miro-neurons, which give you the ability to feel what you see, such as watching a movie that makes you cry or feel scared.

When you show anger, or yell or be sarcastic, etc., the other person feels you threw their miro-neurons. They tend to respond depending on how they feel.

Ecclesiastes 9:17

2. Breathe and slow down the pace of your speaking. The angrier you get the faster you talk. The other person will feel offended and defensive. They will respond with their mirror-neurons.

Proverbs 29:11

Calm your anger by biding your time. Count to ten or count to 100 if you are really angry. This is using the cortex of your brain which empowers you to be smart.

Proverbs 15:18

3. **Ecclesiastes 10:4**

Listen more than talk. Listening requires patience and perseverance during conflict.

James 1:19

Be quick to listen, slow to speak and slow to get angry.

4. **Proverbs 13:10** pride and arrogance

Listen for the hurt behind the words. Listen for the emotions NOT the words. Do they sound like they are afraid, depressed, jealous, anxious, frustrated, etc.?

5. **Proverbs 14:10**

Pray while you are listening to the other person.

Judges 6:24

The Lord calms our fears. The Lord calms me. God calm me down. Amen (say this while you are in conflict)

6. Psalm 65:7

Seek to understand them before seeking to be understood.

Proverbs 18:13

One person speaks first with the understanding the other person cannot talk. Then the listener repeats back what they heard in their own words. Then the speaker has a chance to correct or acknowledge that the listener understood what you meant. The conversation continues until it is agreed upon that both people understand each other.

7. Philippians 2:4-5 Try to see their perspective.

Don't just look at your own intent or interest, look at the other persons perspective the way God would.

8. Ask God to give you a clear picture of yourself.

Psalm 139:23-24

9. Admit any part of the conflict that you cause because of your insensitivity, prejudices, bias, background, immaturity, own business.

Matthew 7:3-5

10. Choose your words carefully. There are several verses in the Bible that talk about the tongue.

Proverbs 12:18

Put a muzzle on your mouth. It is better not to say anything than to say something unkind.

Matthew 5:9

Are you a peacemaker? If not, reconnect your life to Christ