

PRAYER FOR CONFLICT RESOLUTION

“Search me, O God, and know my heart, try me and know my thoughts; and see if there be any wicked way in me, and lead me in the way everlasting” Psalm 139:23-24

Many times we get overwhelmed, frustrated, feeling hopeless and don't know how or what to pray, let alone, where to begin. The following is meant to be an “instructional” prayer that will help to give you words to personalize & cry out to God, as you make them your own. This is not a “legalistic-formula” to become a meaningless ritual or vain repetition. You, by the honesty of your own heart, make it real, as you identify what is relevant to you as it relates to your present circumstances and relationships. (Use a pen to high light these in order to transfer them to a 3 X 5 card.) Remember, at the depths at which you're willing to face the struggle of your own heart & to be honest with God...That's the depths. At which God can change you! If you miss that point there's little or no hope for change.

Lord...

- Rather than focusing on everybody else's faults, failures, guilt, blind spots, shortcomings, and wrongs help me to understand, confess & repent of my own. (1 Jn 1:7-10)
- Rather than basing my happiness on others changing, Lord change me! (which results in happiness)
- Rather than trying to prove that I'm right &/or okay in the matter, help me to be open to what I could have done or should be doing Biblically.
- Rather than insisting on my own way or forcing my agenda, help me to know & do Your will.
- Rather than believing that I'm not the problem, help me to be willing to see how I may have “come across” to others &/or offended them.
- Rather than getting hung up on “nit picky” issues, help me discern the real roots, the heart of the matter.
- Rather than manipulate through “back door” messages, help me to over look the transgression. (Prov. 19:11)
- Rather than thinking “they are messed up”, help me to put myself in their shoes & see things from their perspective.
- Rather than trying to avoid the matter, help me to see what I need to do to make peace & unity (Eph. 4:3)
- Rather than quitting, running or giving up, help me to face these trials trusting You, Lord
- Rather than hearing only what I want to hear, help me to listen to what others are really saying. (Prov. 18:1)
- Rather than focusing on “my hurt”, help me to understand and care how they feel (Prov. 18:2)
- Rather than thinking that I know it all, help me to be teachable, seek Your wisdom & truth; plus hear how others may need me to change
- Rather than abusive, unedifying words, help me to speak healing words that build up (Eph. 4:29-32)
- Rather than saying “I sure hope they pray this way”, Lord, help me to love them...no matter what.
- Rather than saying “This is all their fault”; help me to see where I'm responsible for any breakdowns & do my part to correct it.

Lord.....Show me, convict me, forgive me & deliver me from any tendencies I have for:

- |  |                  |                |                 |
|--|------------------|----------------|-----------------|
| ○ Getting defensive  | ○ Complaining    | ○ Exploding    | ○ Slandering    |
| ○ Shifting the focus   | ○ Avoiding       | ○ Attacking    | ○ Retaliating   |
| ○ Excuse making  | ○ Criticizing    | ○ Manipulating | ○ Debating      |
| ○ Self protecting  | ○ Down playing   | ○ Exaggerating | ○ Nagging       |
| ○ Covering up  | ○ Redefining     | ○ Backbiting   | ○ Retreating    |
| ○ Over reacting  | ○ Dominating     | ○ Gossiping    | ○ Intimidating  |
| ○ Denying/lying  | ○ Minimizing     | ○ Controlling  | ○ Demanding     |
| ○ Smoke screening  | ○ Blame shifting | ○ Justifying   | ○ Arguing       |
| ○ Agitating  | ○ Screaming      | ○ Name Calling | ○ Rationalizing |
| ○ Grudge bearing or anything that would hinder maturity, purity or unity |                  |                |                 |

Lord.....Forgive me & keep me from being:

- |                                     |  |                                 |                                     |
|-------------------------------------|--|---------------------------------|-------------------------------------|
| <input type="radio"/> Contentious   | <input type="radio"/> Proudful         | <input type="radio"/> Bitter    | <input type="radio"/> Disrespectful |
| <input type="radio"/> Angry         | <input type="radio"/> Feeling-oriented | <input type="radio"/> Unloving  | <input type="radio"/> Vengeful      |
| <input type="radio"/> Resentful     | <input type="radio"/> Unapproachable   | <input type="radio"/> Resistant | <input type="radio"/> Unforgiving   |
| <input type="radio"/> Irresponsible | <input type="radio"/> Unteachable      | <input type="radio"/> Selfish   | <input type="radio"/> Insensitive   |
| <input type="radio"/> Stubborn      | <input type="radio"/> Self-righteous   | <input type="radio"/> Deceived  | <input type="radio"/> Abusive       |
| <input type="radio"/> Hard-hearted  | <input type="radio"/> Hateful          |                                 |                                     |

Help me to replace those things with: Humility

- |                                      |                                      |                                    |                                   |
|--------------------------------------|--------------------------------------|------------------------------------|-----------------------------------|
| <input type="radio"/> Teachableness  | <input type="radio"/> Responsibility | <input type="radio"/> Mercy        | <input type="radio"/> Love        |
| <input type="radio"/> Forgiveness    | <input type="radio"/> Gentleness     | <input type="radio"/> Respect      | <input type="radio"/> Sensitivity |
| <input type="radio"/> Submissiveness | <input type="radio"/> Understanding  | <input type="radio"/> Thankfulness | <input type="radio"/> Compassion  |
| <input type="radio"/> Self control   | <input type="radio"/> Kindness       | <input type="radio"/> Patience     | <input type="radio"/> Honesty     |
|                                      |                                      |                                    | <input type="radio"/> Goodness    |

And finally, Lord, I commit myself to:

- Abandon, where I've been unfair in my expectations & demands
- Letting go of the past & taking the necessary steps to move forward
- Taking responsibility for my own attitudes, responses, words & actions
- Doing whatever I need to do to change, whether others do or not
- Moving in solution-oriented directions from now on to resolve conflicts as soon as they arise not allowing the "sun to go down" on anger, thereby giving the enemy any ground to defeat & discourage, defeat and derail us (Eph. 4:26-27).
- Confessing & repenting of my own sin replacing it with righteousness (Eph. 4:20-32).
- Forgive others just as Christ has forgiven me, by not dwelling on it or bringing it up anymore to myself, them, or others in order for reconciliation to occur.
- Pursuing love in all my responses & overcoming evil by doing good (Rom. 12:17-21).
- Communicating & listening more in order to build trust & restoration
- Consciously think before I speak & refrain from that which would hurt or offend
- Be approachable & teachable regarding "blind spots" & how I need to change
- Intentionally look for ways to "defuse" potential conflicts which could build up (Prov. 15:1).
- Use constructive speech expressing compliments, appreciation, gratitude & what ever builds up others.
- Walking by & in the power of the Holy Spirit, surrendering to the Lordship of Christ & His control, will, way & wisdom...even when its against my feelings
- Living each day by faith – obedience – trusting in the Sovereignty of God – regarding what He allows (decrees) but still ready to fulfill my part by doing His revealed will as a faithful steward of all that He has entrusted to me.
- Knowing Christ & declaring His glory through a life that is pleasing to Him

In Jesus Name, Amen!

There are numerous Bible studies with hundreds of verses amplifying the importance of these statements. If you would need to fortify your faith & spiritual life in any of these areas, please contact me.

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