

Week Nine Conflict Resolution

- I. Dealing with a **family member** or **close friend** who will not acknowledge, or if acknowledges will not resolve a **non-moral conflict** that effects the health of the relationship.
 - A. The focus here is on family member or close friend. The conflict is over a non-moral issue
 - B. Now should you openly express frustration or anger or resentment over this unresolved conflict, it is possible the one who won't resolve it with you will make you out to be the bad person because you are the frustrated, angry, resentful person, not them.
 1. And it is possible the one who won't resolve the conflict sees themselves as doing nothing wrong, which further reinforces in their mind that the problem is with you because of your discontentment or unhappiness or unreasonable expectations in regard to what they are doing that is causing the conflict.
 2. In other words, the one who is unwilling to resolve the conflict believes all would be well between the two of you if you would just accept as acceptable what they are doing.
 - C. It may take a while to figure this out, but sooner or later you will come to the understanding that the other person does not love you enough to work out this conflict in a mutually agreeable way.
 1. It is at this point that the frustration or anger or resentment you feel will be overshadowed by a **deep hurt** that someone you were counting on to love you doesn't love you as they should, or as you had hoped they would.
 2. This deep hurt is made worse when you live with the person. And I will give you just two reasons why it will hurt worse.
 - a. **First**, because there is no way to get away from the conflict and the fact that the other person is intent on keeping it unresolved.
 - b. **Second**, because it will feel like you are trapped in an unfair, double-standard type situation because the other person still wants you to love them as you ought.
 - D. When you put things like your frustration, anger, and resentment over the unresolved conflict **together with** your deep hurt over not being loved enough for the other person to join you in looking for a reasonable and

mutually agreeable resolution, several destructive things are likely to take place –

1. You are likely to pull away – either physically or emotionally or both – which sends the message you don't love the other person enough to love them in spite of your unhappiness with them.
2. You are likely to resort to ungodly and unloving behavior in your treatment of the other person – in an effort to convince them to change their ways in relation to the unresolved issue.
3. And you are likely to look for pain relief, or comfort, and something to fill the empty spot created by the loss of the love you had hoped to have but don't.
4. It is at this point where you will become as ungodly or even more ungodly than the one you are frustrated with and hurt by.

II. What to do in a situation where a family member or close friend will not acknowledge, or if acknowledges will not resolve **a non-moral conflict** that effects the health of the relationship.

- A. Accept the pain. Accept the fact that it does hurt to not be loved as you ought to be loved. Accept the possibility that this unresolved issue may last the rest of your life. And accept that this is a great loss.
- B. Put to death or die to all ungodliness related to your dealings with this issue – such as anger, resentment, vindictiveness, unkind words, pulling away, and the justification of any sinful responses you are tempted to make or feel you deserve to make.
- C. Turn to God and make Him your first and foremost source of love, security, contentment, and well-being.
 1. This will not remove the loss or pain you face each day with the person who will not love you enough to resolve the conflict with you,
 2. **BUT** it will provide you with enough real love and security and a sense of belonging to enable you to find inner peace, godly contentment, and joy in your situation.
- D. Ask God to teach you
 1. How to be honest about and feel the pain and disappointment while still loving as you ought to love,
 2. How to trust God as you ought to trust Him and how to make His love sufficient to satisfy you in spite of what you don't have with the one who won't resolve the conflict with you.

- E. Seek an honest, realistic, and balanced view of the situation.
 - 1. One or two areas of unresolved conflict between spouses, parents and children, siblings, or friends does not mean the other person or the entire relationship is bad.
 - 2. Therefore, look for the good and the love that is there, and keep that in mind as you are reminded of the loss that you are being forced to accept by the one who will not resolve the conflict between you.
- F. Commit yourself to love according to the rules and definition of love, and as you want to be loved.
- G. Commit yourself to remaining godly in spite of the hurt, disappointment, frustration, broken heart, and the realization that the other person loves themselves and their way more than they love you – which makes them willfully selfish, at least in the area of unresolved conflict.

III. Conclusion

- A. All of this will take time and effort on your part. And the reality is, it will take more time and effort than you would like. Therefore, put in the effort and take the time necessary – being sure to persevere to the end.
- B. If you will do this, you will find joy, inner peace, genuine contentment, a deeper, more meaningful experience of God's love, empowerment, and help. And best of all, you will find a measure of intimate fellowship with God that is so marvelous that it will convince you that what you have gained by remaining godly and loving in the face of such a loss makes the loss insignificant by comparison – and even worth it when compared to what you have gained.