

Pastoral Counseling Center, Inc.

Steps Toward Conflict Resolution

Step 1 Listen to your conscience: gain awareness of your wrongs.

Become aware that your behavior may hurt others.
This awareness is provided the conscience.
Becoming aware is a blessing from the Lord.

"So I strive always to keep my conscience clear before God and man."
Acts 24:16

Step 2 Acceptance and Confession

Awareness is not enough, we are commanded to confess our sins.
All sin is against God. Confess to Him and those you have wronged,
seeking forgiveness, expressing sorrow, humbly apologizing.

"Now make confession to the LORD, the God of your fathers, and do his will."
Ezra 10:11

Step 3 Repentance

Ceasing to sin is a start, but repentance includes not only
turning away from doing wrong, but replacing it with doing right.

*"Repent, therefore, and reform your lives, so that the record of your sins
may be cancelled, and that there may come seasons of revival from the Lord."*
Acts 3:19

Step 4 Forgive

Forgiveness is a process of releasing the anger and resentment
and replacing it with acceptance and understanding. It happens
little by little with prayer, willingness and effort on our part.

*"And be you kind one to another, tenderhearted,
forgiving one another, even as God for Christ's sake has forgiven you."*
Ephesians 4:2

Step 5 Restitution

When appropriate, making an amend or restitution will help
to promote healing.

"He shall make restitution for that which he has done wrong..."
Leviticus 5:16

Problems can become blessings as they help us conform to the image of God as we go through the process of correctly resolving them. The work reshapes and reforms us into His image.