

A FAITH THAT DE-ESCALATES CONFLICT

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“Those who are peacemakers will plant seeds of peace and they will reap a harvest of goodness.” James 3:18 (NLT)

10 BIBLICAL STEPS FOR DEFUSING A TENSE SITUATION

1. _____
“A gentle response will calm a person's anger, but harsh words stir up intense fury.” Prov. 15:1

o The more I raise my voice, _____

o Mirror Brain Neurons: _____

“The quiet words of a wise person are more effective than the shouting of a leader of fools.” Eccl. 9:17 (NIV)

2. _____
“A fool gives full vent to his anger, but by biding his time, the wise man calms it down.” Prov. 29:11 (NAB)

“People with hot tempers start fights and cause trouble, but a calm, cool spirit keeps the peace.” Prov. 15:18 (Mes/NCV)

“If a ruler (or anyone else) loses his temper against you, don't panic! A calm disposition quiets intemperate rage.” Eccl. 10:4 (Mes)

3. _____
“Be quick to listen, slow to speak, and slow to get angry.” James 1:19 (NLT)

“Arrogant know-it-alls stir up discord, but wise men and women listen to each other's counsel.” Prov. 13:10 (Mes)

4. _____
“Each heart knows its own bitterness . . .” Prov. 14:10 (NIV)

5. _____
“Gideon built an altar for worshipping the Lord and he called it ‘The Lord Calms Our Fears.’” Judges 6:24 (CEV)

“God stills the raging oceans, quiets the noise of roaring waves, and calms the uproar of the peoples.” Psalm 65:7

6. _____
“A person who answers without listening is foolish and disgraceful.” Prov. 18:13 (ICB)

7. _____
“Each of you should look not only to your own interests, but also to the interests of others. Your attitude should be the same as that of Christ Jesus.” Phil. 2:4-5 (NIV)

8. _____
“Search me, O God and examine my heart; test me and know my nervous thoughts. Point out anything in ME that is wrong. Then lead me on the path that is always right.” Psalm 139:23-24

9. _____
Jesus: “Why do you notice the little piece of dust in your friend's eye, but you don't notice the big piece of wood in your own eye? First, take the wood out of your own eye. Then you will see clearly to take the dust out of your friend's eye.” Matt. 7:3, 5 (NCV)

10. _____
“Reckless words pierce like a sword, but the tongue of the wise brings healing.” Prov. 12:18 (NIV)

“Do not use harmful words, but only helpful words, the kind that build up and provide what is needed.” Eph. 4:29 (TEV)

“Blessed are the peacemakers, for they will be called the children of God!” Matt. 5:9 (NIV)