

Surviving in an Angry World—Part 6

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BIG SANDY, Texas—On April 24, I began a series to mention concepts from a book titled *Surviving in an Angry World*. The book was written in 2010 by Charles Stanley. This is the sixth installment.

Resolving conflict

On page 189, Dr. Stanley wrote: “Through the years, I have been amazed at the people I’ve encountered who argue so loudly and vigorously for ‘peace.’ They are sometimes so angry as they talk about peace-versus-war issues that they turn red in the face and can hardly speak coherently.

“They are quick to blast away verbally at any person who disagrees with them, and they apparently see no problem or contradiction with getting violently angry in their pursuit of ‘peace’ . . .”

10 things you can do

On page 193, Dr. Stanley wrote: “You may not be able to avoid a conflict, but you are responsible for how you respond. Some situations cannot be avoided, nor should you ignore them. Sometimes you will be at the receiving end of another person’s anger, hostility, or resentment. But you can always choose what your reaction will be.

“Here are ten things you can do to create a positive outcome to a conflict and set the stage for a peaceful resolution. And you can do all these things without any participation from the other person involved.”

■ Refuse to respond in anger.

“No matter what another person says or does, refuse to speak in anger or frustration.”

■ Make no attempt to defend yourself verbally.

“There may be a time later when you need to state your case. But until that time comes, keep quiet.”

■ When the time comes to speak, ask God to help you with what to say.

“Spend time in prayer, asking God to reveal His desires for you, the other person, and your relationship.”

- Explore what you might do to help a person with needs in his life that may be the underlying cause for the conflict.

“Ask the Lord to guide you and to reveal to you what you need to know.”

- See the conflict as coming from God.

“Please understand that I’m not saying God sends or causes conflict. Rather, the Father allows it for a purpose, which He ultimately will use for your good. If you see conflict as having godly purposes, you are going to be far less likely to get angry and lose control in the midst of it.”

- Identify your part in the conflict.

“Reflect upon the situation and identify any part you played in bringing about the conflict or escalating the argument.”

- Begin to treat the other person with genuine kindness and tenderness.

“Look for a way to express love to him or her.”

- Choose to make necessary changes.

“Learn any lessons you can from the conflict as quickly as possible.”

- View the conflict as an opportunity to respond as Christ would.

“Jesus is every believer’s role model for all aspects of life.”

- Make a decision about how you will respond to future conflict or criticism.

“You can choose what to think and say long before a conflict.”